

Discovering Youniverse

THE MISSING LINK BETWEEN JYOTISH AND SPIRITUALITY

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## Preface

oṁ ajriāna-timirāndhasya  
jñānāñjana-śalākayaĀ  
cakṣur unmilitarh yena  
tasmai śrT-gurave namah

Before I start this book I wish to bow down to my Satguru, Paramahansa Sri Swami Vishwananda, as without Guru's blessing no work can be complete. I also wish to express my gratitude to all, who have contributed in any way to this book, especially to my husband, Govindadas, who made a beautiful design for it.

This book is an effect of a long research and long *sadhana* that was performed to understand the true connection between the forces in our outer universe and the anatomy of our inner universe. I started to write it down on the day of Mula nakshatra in the month of Chaitra, and completed on the day of Punarvasu nakshatra in the same month, on auspicious day of Ram Navami and the last day of Chaitra Navaratri, the nine nights of Divine Mother. Interestingly, there are only three nakshatras in the whole zodiac, which are ruled by goddesses. One of them is Mula, another is Punarvasu. I have no doubt that this book could get manifested only due to the blessing of Divine Mother, as She herself is the *Shakti* behind the outer universe, and the *Shakti* of our inner universe.

The knowledge, which you will find in this book is sacred and it is not only to be read, but also to be meditated on. I hope you will find this journey inspiring.

4 'chofa

## Chapter 1

# How Universe Became You-niverse

*“Time is the influence of God.”*

- Srimad Bhagavatam

The story of universe is as old as the story of time. Space is barren without the influence of time. Yet, what exactly is time and how exactly is it defined?

In Vedas, time is called the glance of God. It is believed that when God casts His glance at neutral matter, it becomes agitated and set into motion. This motion, the movement in itself, is what defines time. If an object is about to move from one point in space to another, the length of this process will be called time.

Time is in constant movement. We can stand still in space, but we can never stand still in time. Yet, the perception of that movement will always be relative, depending on our perspective - namely, depending on what will you take as your reference point. All of us have learned in school a simple example of time dilation: if one person is standing and another is running, the clock of the person, who is in movement would go slightly slower.

Hence, our perspective of time has a direct influence on it. Like a glance of God influences the world of matter.

From physics we can also learn that time is affected by gravitational fields. Massive objects bend the space-time fabric causing light to change direction. This is because of gravitational time dilation, which indicates that time runs slower near the massive object and faster away for a third party observer.

And what gravity has to do with you, you might ask?

More than you think.

### **Same reality - different perspectives**

Now, when you know, that time is relative and it depends on our perspective, as well as on gravitational forces, the good metaphysical question would be: from which perspective *do you* perceive your own space-time called life?

Or, to be more precise: what exactly affects your perception?

Same situation happening to two different persons can have for them two different meanings, awaken many different emotions and trigger a completely different chain of actions and reactions. The different angle of the glance of the

Creator within us is what makes all the difference. Each of us perceives this vast universe of infinite opportunities in totally different manner, and according to our own perception we attract its exact manifestations into our lives.

But did you ever ask yourself, *how exactly does it happen?* What is the cosmic mechanism behind it?

The science of Jyotish has a good answer to that question.

## **The Cosmic Clock**

Think of our solar system as a gigantic Cosmic Clock with the Sun at its centre. There are countless combinations of possible formations in which planets can be located in reference to one another - hence no moment in time can be the same as the other. All planets, including our Earth, are connected to the Sun by the gravitational forces and rotate around it, once originally set into motion by the Primordial Consciousness.

From perturbation theory we learn that each planet influences one another. Some planets have bigger influence on each other, while the influence of others is smaller. Sun is the source of life on the planet Earth, so its influence on our planet is quite obvious. The Moon has a very strong effect on the water bodies on our planet, and the very rotation of our planet, as well as it directly affects our mood. When it comes to planets, however, physicists would say, that they have a minimal, almost negligible effect on tides on Earth.

Yet, these "negligible" planetary influences are essential in the science of Jyotish. Sometimes an influence, which fails to affect the physical world, can have a tremendous influence on our consciousness.

The nature around us, as well as our bodies, is made of five gross elements: earth, water, fire, air and ether. The more condensed is the element, the stronger force is needed to move it or cause any change in it. The lighter the element, the more sensitive it is, even to the smallest influences, and the easier it is to shape it. Beyond those five gross elements there is one more factor according to Vedic tradition: the consciousness - the sixth element and the subtlest of all.

Although the subtle gravitational pulls of other planets have surely no influence on our physical bodies (besides the Moon and the Sun, of course), their celestial influence in an obvious way affects our consciousness. Whether this energy is truly a gravitational pull affecting our consciousness or rather a more refined, spiritual energy, working on a more subtle level, that is a topic for discussion. Yet, alignment of the Cosmic Clock in each moment of our life surely affects us in a very tangible and measurable way.

Vedic astrology is the science of measuring these cosmic influences and their manifestations in our consciousness and the world around us.

## It all starts within

Now, if somebody would tell you, that a gravitational field of Jupiter, which is so minimal, that barely even taken into consideration in physics, have a direct influence on the quality of your marriage, that would sound rather ridiculous, wouldn't it? It was always fascinating for me, how most people just take for granted the fact that the planets are influencing our lives in a very tangible way, but very few ask the essential question: *why?* How is it working?

It all starts within us. On a subtle, energy level, there is one sacred energy channel parallel to our spine, through which the cosmic life force, called *prana*, is received into our body and distributed into different directions, according to our state of consciousness. Within this channel there are six sacred energy vortexes, six energy stations with their own antennas for receiving the signals from the universe, as well as sending them. These six energy centres correlate to five grosser elements and the sixth element, the consciousness.

They are called *the chakras*.

## Anatomy of the you-niverse

Our subtle body is made of countless subtle energy channels, through which the cosmic life force, *prana*, is distributed throughout the different areas of our body and mind. These energy channels are called *nadis*. The main *nadi* in our energy system, which is called *sushumna*, "the subtlest", starts at the base of our spine and leads straight to the cranium, where the cosmic energy enters us and sustains us. This sacred seat of our soul on the top of our head is often represented as a lotus with thousand petals and thus is called *sahasrara* - "the one with thousand rays".

This sacred seat of consciousness is often misinterpreted (and disrespected, in a way) in Western tradition by being called the seventh chakra. In fact, when you look into Vedas, from which the chakra system had emerged, you would be surprised to see, that no Upanishad says about seven chakras. All of them are talking about six chakras and the ultimate seat of consciousness, *sahasrara* - yet, *sahasrara* is not considered the chakra, but rather the seat of the Soul itself.

When the pure light of consciousness, pure cosmic energy enters into a human being through *sahasrara*, and travels down the sacred *sushumna nadi*, it firstly gets "filtrated" by *ajna chakra*, the third eye chakra located between our eyebrows - the chakra of consciousness. Then it descends into *vishuddha chakra*, throat chakra, representing the element of ether. Then it gets distributed further into the heart chakra and element of air. Similarly, it passes down through *manipura chakra* and element of fire, *svadhishtana chakra*, the element of water, until it

reaches the root chakra and element of earth.

The more this pure cosmic energy travels down the *sushumna* channel, the more it gets diluted and condensed, as it is assuming the qualities of particular elements on its way. Meaning: the further down it is travelling, the more gross and tangible for the senses it becomes.

## So how the planets influence our chakras?

This is the point, when it starts to get interesting.

When I started to study the influence of particular planets, zodiac signs and nakshatras on our chakras, I had no idea about all the revolutionary discoveries that will appear on my way. I had no idea, where my research will take me. But the journey turned to be far more exciting, than it seemed in the beginning.

It all started with the discovery that Sri Yukteswar, the guru of Paramahansa Yogananda, has made, by connecting each planet in Vedic astrology to one chakra in our body - thus connecting the microcosm with the macrocosm. In fact, you could imagine your whole subtle body as a miniature of our solar system. According to Sri Yukteswar the celestial vibrations of each planet resonate with the frequencies of the chakras they are connected to, and thus amplify a certain quality within us. Similarly like pure consciousness is filtered through our chakras, the cosmic influences of the planets are filtered and channelled through them, too.

Now, it is important to note, that chakras are also subtle karma storages within our energy bodies. Whichever action you have made, whichever thought you have thought, whichever word you have said... Namely, whichever *frequency* you had sent into the universe throughout your countless lifetimes, it is all stored there, in a form of the seeds of energy, which are waiting for their Divine time of germination. The influences of the planets on exact chakras are simply activating our karma in its respective time of fruition, by triggering the exact frequency to get manifested in our lives in this way or another. This process is similar to resonance in physics, when vibrating system or external force drives another system to oscillate with greater amplitude at a specific preferential frequency.

That is why influence of the great Cosmic Clock won't be the same on each one of us. We are all born in different moments of time, which reflect our different predispositions, different karmic luggage and different frequencies of our chakras. All of that can be seen in a natal chart of a person with the help of Vedic astrology. When you have the knowledge of how planets, zodiac signs and nakshatras are connected to the chakras, this is where astrology begins to be really interesting.

## When consciousness enters the world

Paramahansa Yogananda has written: "A child is born on that day and at that hour when the celestial rays are in mathematical harmony with his individual karma. His horoscope is a challenging portrait, revealing his unalterable past and its probable future results."

Although in physics everything is considered to happen randomly, in Vedic astrology, we look at every single happening in life as a manifestation of the Divine, and thus full of meaning. According to Vedas, no soul comes to Earth at random. The soul waits for an exact moment in time, and exact alignment of planets in the sky, which is in tune with its individual karma, so it can continue its lessons in the world of matter.

Why the time of birth is so essential? When a child is still in its mother's womb, the gravity and the planetary influences are affecting the consciousness and the aura of the child in a very limited way. But when a baby comes out of the womb and takes its first breath, that is the moment, when it gets for the first time in contact with the external forces of the universe. Now, if you know by experience, how strongly planetary forces can affect even the consciousness of an adult, imagine how enormous effect they have on a newly born baby and its hyper-sensitive energy system, which has met for the first time with so powerful external force, leaving the aura of his mother. This leaves a permanent energy imprint in the chakras of a child and thus aligns them accordingly to its own individual karma.

Thus, first meeting of the baby with the universe, shapes its energy system, and can cause certain predictable results in the future.

## **From universe to you-niverse**

Long, long ago one Divine Consciousness had a desire to become many and thus it had descended into the world through the ladder of your own chakras, creating its most wonderful piece of art: *you*.

Jyotish, Vedic astrology, is in fact nothing else, but studying the movements of Divine Consciousness in our own individual lives, as manifested through planets, zodiac signs and nakshatras resonating within the chakras of our body. It is an ancient science of discovering how your own space-time is formed, where it is curved, and where does it gravitate.

It is discovering you-niverse.

Are you ready?

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## Chapter 2

### The Connection Between the Planets and the Chakras

The six chakras in our subtle bodies are intimately connected with the cosmic forces of the planets in our solar system. During my research on the connection between the chakras and the planets I came across many systems connecting chakras and planets, that are not correct and that simply don't work. Once again universe had reminded me then, that if we ever want to find the true knowledge, we need to learn from those, who are connected to the Source itself - self-realised masters. Although spiritual masters rarely bother themselves with topics so mundane as astrology, the past blessed us with one such a unique, self-realised spiritual master, who was at the same time a *jyotishi*: Sri Yukteshwar.

Sri Yukteshwar, inspired by his Paramguru, Mahavatar Babaji himself (the ageless yogi from the Himalayas), wrote once a wonderful book called "The Holy Science", where he very accurately connected the cosmic influences of the planets with their corresponding chakras in our subtle bodies. Still, I didn't take this knowledge for granted. I tested it thoroughly and made a long research on it, to find the cosmic logic of the Divine Creator behind it. After all, Sri Yukteshwar's system of connecting the chakras and the planets is much different from the traditional approach to this topic. Yet, it appeared to be not only much more accurate, but also far more logical.

Yukteshwar connected the planets with the chakras in our body on a very easy principle: the further the planet is from the Sun, the lower chakra it represents - as it is further from the source of consciousness, which is represented by the Sun.  
3. Highlighters

But before we start to analyse each chakra and each planet, as well as a connection between them, let us first take a short lesson in Sanskrit, so we can see, how exactly Vedic seers were perceiving chakras and planets.

#### ***Grahas and chakras***

*Graha* is the Sanskrit word for planet. Yet, it doesn't only mean a planet, but it is a general name for any celestial body. In Vedic astrology we call a *graha* not just the planets of our solar system, but also the Sun, the Moon and even the lunar nodes. And, as no word in Sanskrit has just one meaning, there are several different meanings of the word *graha*, which can help us to understand the topic on a deeper level. The word *graha* means also: "effort", "prisoner", "imprisonment", "holding", "perceiving", "receiving".

If we consider the planets, the *grahas*, the cosmic storages of universal karma in our solar system, we could easily understand, why the ancient seers named

them with the same word like “imprisonment”. Our own karma is what is imprisoning our consciousness in the illusion, the great *maya*, and what makes us the prisoners of our own fate. The more we are in the illusion, the less clear is our perception of the world around us and the less capable we are to receive the Divine energy in its purest, unadulterated form. *Grahas* act as the agents of the Divine law of karma and channel the pure cosmic life force to manifest in our lives according to the Divine plan.

Not without a reason *graha* means “effort”, as well. If a person tries to alter this powerful cosmic influence by the science of meditation, like Atma Kriya Yoga, it requires a tremendous effort from our side, as in that process we need to transform our “inner planets”: the chakras - which literally means to escape the gravity of the material energy, to a certain extent. Not without a reason *grahana* means “attraction, gravity”. The celestial forces in the sky are defined by their gravitational attraction, and that is their biggest power.

*Chakra* on the other hand means “a wheel”. *Chakras* are vortexes of consciousness located in our subtle spine, *sushumna*, which are vibrating with different frequencies. These are own inner “wheels of time”, gears in a Cosmic Clock hidden in our subtle body, each responsible for their own “department” - yes, “department” is one another translation of the word *chakra*. *Chakra* can also mean “a realm”. Each of our chakras hides, indeed, a different realm within itself, and from the level of each *chakra*, we would perceive the reality completely differently. Ultimately, if we believe the Vedic science, the vibrational frequency of our chakras determines our reality.

## Distant planets

One interesting thing that you will notice in Vedic astrology is that it doesn't take into consideration so distant planets like Neptune, Pluto or Uranus. There are many reasons behind that. Uranus, the closest of these three, is 2.57 billions kilometres from Earth - it is more than two times the distance between Earth and Saturn, the farthest planet visible by human eye. This makes the influence of Uranus and other distant planets almost negligible when it comes to an individual person.

The fact that any planet is rotating around the Sun doesn't actually make them influence us. Not without a reason in original Vedic system we analyse the positions of only nine planets - because only these are visible by naked human eye, showing us the borders of human perception and universe's influence on us.

Do you remember, how in previous chapter we were talking about time? According to Vedic science, time, the movement in the world of matter, happens when the great Creator casts His glance upon it. And as the miniature of the great Creator is present within each one of us, in the form of our individual consciousness, there

is a similar power hidden within us: wherever our eyes can reach, wherever our attention goes, there life and creation happens. It is therefore very understandable, why only the planets, which are visible by naked eye, are considered to have a strong impact upon our lives.

Distant planets have, however, some effect on our collective consciousness, which will be easier for you to understand, after we will analyse each planet and its connection to the chakra system.

## **Chakras and nervous system**

Our chakras are also deeply connected to our nervous system. The more they are studied, the more obvious becomes the connection. Chakras are symbolically represented in the Vedas as lotuses, each having different number of petals. If you sum up all the petals of all chakras, you will receive a number 50, which is the exact amount of the most important nerves (25 main pairs of nerves in the spine) connecting spinal cord with the specific regions of the body. In our subtle body, these 50 petals represent 50 different frequencies, 50 energy channels, represented by 50 letters of Sanskrit alphabet (more about this topic a little bit later). Thus, our physical body is an imperfect reflection of our subtle body and its forces acting in the world of matter.

Each of the chakras, except *ajna chakra*, represents also one of the five elements and one of our sensory organs, through which our interaction with the universe happens.

You will notice, as well, that each chakra is assigned to two zodiac signs. This represents the dual nature of our being, the feminine and the masculine within us. This duality is present in our nervous system in the form of two hemispheres in the brain, while in our subtle body it takes the form of two energy channels, which go parallel to *sushumna*: *ida*, the Moon *nadi* and *pingala*, the Sun *nadi*. The feminine and the masculine sign assigned to a chakra represents how the energy of this chakra is manifested on internal level (feminine) and how it is manifested on external level (masculine).

On the picture below you can see how our chakras along with *sushumna*, *ida* and *pingala nadis* are located in our body:

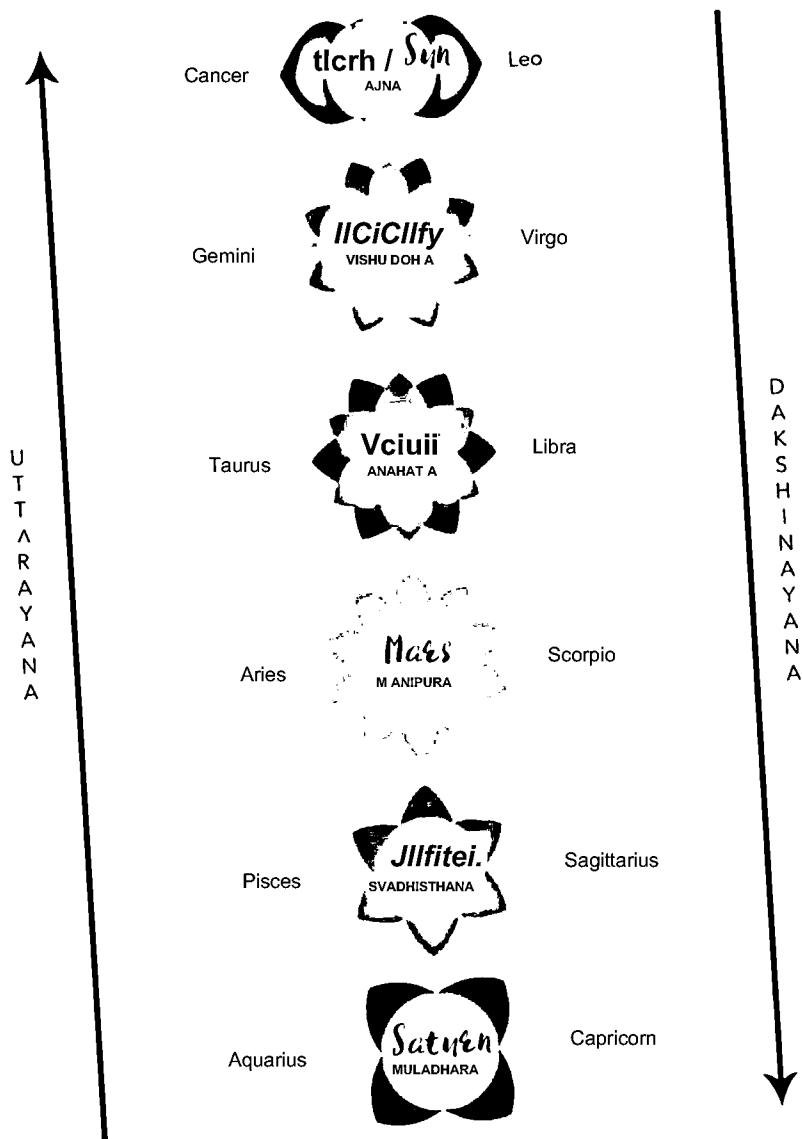


To understand the nature of each planet in a better way, we will also shortly discuss a debilitation place and an exaltation place of each planet. In the language of astrology we say that the planet is debilitated, when it occupies such a zodiac sign and such a nakshatra, which supports its energy in the poorest way. By exaltation place we mean such a place in the zodiac, where the planet gets its maximum strength. Exaltation place of any planet is always exactly opposite the debilitation place of that planet.

Are you ready to go on a journey through your inner you-niverse?

Fasten your seatbelts.

## Planets, chakras and zodiac signs



## Ajna chakra

### Third eye chakra



Third eye chakra is located between the eyebrows, and according to yogic tradition, it is also deeply connected with *medulla oblongata* and pineal gland in our physical body. It is not connected to any of the five elements, as it is the seat of “sixth” element: the consciousness itself. Since it is not connected to any of the elements, it is neither connected to any of the senses. Consciousness, which has its seat in *ajna chakra*, is what is directing our senses and controlling them. This is why all the ancient yogic traditions stress the importance of awakening this sacred energy centre between our eyebrows, as it unlocks the true potential of human being, which is far higher than just being the slaves of our senses.

Ajna chakra is also the place, where the individual consciousness, the Soul, communicates with the Divine - the Higher Consciousness. It is here, where intuition in its highest form gets manifested, and the connection to the inner Guru, inner guidance is awakening. When a spiritual seeker has a true, self-realised guru, it is here, in the *ajna chakra*, where the guru can communicate to the disciple, no matter the distance. This communication and inner guidance may often happen in a dream or in meditation. Not without a reason the mantra for this chakra is *orri*, the primordial sound of the universe, which is at the same time connected with nakshatra Punarvasu, the nakshatra of Jupiter - the Cosmic Teacher.

*Ajna* literally means “to give orders”. From this spiritual centre in our subtle bodies, our individual consciousness receives “orders” from the Higher Consciousness, and passes them further to the lower chakras. *Ajna* can also mean “unlimited power” and “authority”. This name, indeed, beautifully describes the quality of this chakra, which is the seat of consciousness, but also the mind, the personality and the ego - all that we identify with. In our natal chart the energy of *ajna chakra* is represented as the Sun and the Moon.

*Ajna* is the only chakra connected to two planets. Two luminaries, to be more precise, without which the life on Earth wouldn't be possible at all. All ancient traditions were calling the Sun, the Father, and the Moon, the Mother. In the light of modern science this couldn't be more accurate. The light of the Sun and its warmth is indeed infusing the Earth with creative energy and sustains our life

here. But not everyone knows, that without the Moon, most likely there wouldn't be any life on Earth, either. It is our Moon's gravitational influence that helped ensure that Earth's spin axis and climate remained stable over long timescales, which is essential for the life to survive on our planet. As much as the influence of the Sun impregnated the Earth with life, the influence of the Moon preserves it. Thus the influence of Sun is active, masculine and inspiring, while the influence of the Moon is passive, feminine and nourishing.

There is also something special about the distance between Sun, Earth and Moon, which is already mentioned in the Vedas. The diameter of the Sun is about 108 times that of the diameter of Earth. The average distance between the Earth and the Sun is 108 times the Sun's diameter. The average distance from the Earth to the Moon is about 108 times the Moon's diameter. This is actually why the Moon appears the same size as the Sun during eclipses. Dr. Manoj Chalam made a hypothesis, that "the ratio of 108 may be the key to finding planets hospitable to life outside of our solar system" and suggested that we just need to "look toward this same size and distance relationship".

There is an obvious sacredness about number 108. Not without a reason it is mentioned several time in Vedas. It is also a very important number in Vedic astrology. In the science of Jyotish there are 27 nakshatras, 27 lunar houses working behind the solar zodiac of 12 signs. Each nakshatra has four quarters, called padas. This gives 9 quarters per one zodiac sign.  $9 \times 12 = 108$ . By dividing the main natal chart into nine parts, we receive so called navamsha, the most sacred chart to study in Vedic astrology, which is revealing the true path of our soul in this lifetime.

108 is indeed the number of our soul. *Ajna* chakra is where the purest manifestation of our soul, the consciousness, is seated.

Sun and the Moon represent masculine and feminine principles of our consciousness. They are directly connected to the opposite hemispheres of our brain, as well as to two opposite energy channels mentioned before, *ida* and *pingala*. It is here, in third eye chakra, that *ida* and *pingala* finally unite and finish their journey. These two energy channels end in *ajna chakra*, unlike *sushumna*, which carries us further to cranium, *sahasrara*.

When Higher Consciousness descends through *sahasrara* and then enters third eye chakra, it experiences its first splitting into two opposite energies, masculine and feminine. These two opposites are represented by two petals of *ajna* chakra, the energies of the Sun and the Moon. Here, in *ajna chakra*, the consciousness manifests in its purest form. That is why the mantra of this chakra is *orri*, the primordial sound of the Divine. Mantra *orri* is also very deeply connected with the Sun, which we are going to discuss a bit later.

The strong connection between the Sun and *ajna chakra* is visible even through iconography. The beautiful metaphor of consciousness acting through our senses in the world of matter can be found in Bhagavad Gita, where this sacred energy centre is likened to Bhagavan Krishna (Supreme Consciousness and a Supreme Guru) leading a chariot (the body) of Arjuna (the observer, the individual self), which has five white horses, representing our five lower chakras, five elements and five sensory organs. One of the names of Krishna is "Gopala", which is traditionally translated as "the one, who protects and guides the soul", "the knower of the soul" or "shepherd of the cattle of our senses". Yet, "go" in ancient Sanskrit can also mean "the Sun", "the Moon" and even "*sushumna nadi*". Bhagavan Krishna is thus a Cosmic Shepherd and a Supreme Protector of the journey of our consciousness through the sacred channel of *sushumna*.

Sun has a very similar iconography in the Vedas. It is represented on a splendid chariot with seven horses, each of a different colour. This represents not only seven rays of the Sun, but also seven sacred energy channels in our subtle bodies, out of which one is *sushumna nadi*, and two others are *ida* and *pingala*.

Sun is the consciousness in us manifested through its masculine principle. In zodiac Sun rules the masculine sign of Leo. It is our vision, creativity, self-expression and shining our own light. It is about being active, about giving and about drawing forth the maximum of our inner light into the world. But Sun is also our personality, ego and individualism. Hence, although its light can be life-giving, it can also burn and destroy. That is why Sun is exalted in the sign of Aries, the sign of individuality, and it is debilitated in the sign of Libra, sign of cooperation, where its light and individuality needs to be adjusted to the earthly conditions. All planets in Jyotish have this shadow side, this alter ego, which needs to be balanced. After all, in Vedic mythology Sun had two wives: Samjna ("consciousness") and Chaya ("shadow"). The bright side of the Sun are the qualities of our soul, while its shadow side is its strong ego.

Moon, on the other hand, is the feminine manifestation of our consciousness. In zodiac it rules the feminine sign of Cancer. It is sensitive, gentle, nourishing, cooling, passive and changeable. It is our mind, our heart and our intuition. It is more about dreaming, relaxing, receiving and providing security and nourishment. That is why Moon is exalted in the sign of Taurus, sign of material security, and it is debilitated in the sign of Scorpio, the sign of constant changes and sudden ups and downs. The phases of the Moon represent our changeable mind and emotions, which are ultimately seeking stability, peace and comfort.

Through the state of the Moon and the Sun in our natal chart, we can understand, whether masculine or feminine side of our personality is more developed. When the Sun's energy is overly dominant, then the person will lack certain amount

of sensitivity and emotional intelligence, as well as will often have a really big ego. Whereas when the Moon's energy is too strong, such a person can be too emotional, too much of a day-dreamer, as well as lack a certain sense of direction in life.

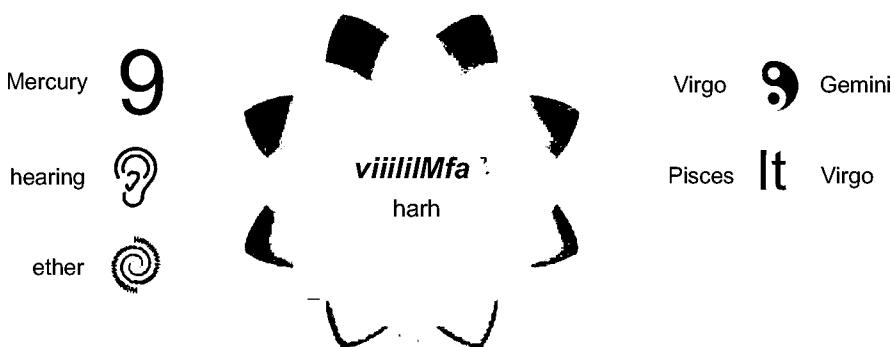
When *ajna chakra* is generally dominant over other chakras, the person will often lack certain grounding in life. Such a person might have wonderful ideas and even a clear vision, but lack of grounding to actually take the idea and realise it in life. These people will also stay too much in the world of spirituality and tend to run away from the real world. If, however, the third eye chakra is too much undeveloped, the person will lack a connection with the spiritual world, intuition, and will develop a very materialistic mind.

Scientific meditation, such as Atma Kriya Yoga, which combines the science of the sound, mantras, breathing and yogic techniques, is an ideal remedy for everybody who wishes to balance their third eye chakra - and, in fact, any other chakra, as lack of balance in any chakra leads to lack of balance in other chakras. Atma Kriya Yoga, as given by my Gurudev, Paramahansa Vishwananda, and Mahavatari Babaji, is both very grounding, and at the same time reconnecting us with the source of Divine consciousness within us, so we can truly shine the Divine light - like the Moon reflects the light of the Sun. It purifies our minds and egos by spiritualising our thoughts and our very own breath. In fact, Atma Kriya Yoga, and the way these sacred techniques are designed to uplift us spiritually, is an extremely interesting topic, when looked upon from the perspective of Vedic astrology. But we will come back to that topic in next chapters.

Now, prepare to descend into the realm of your throat chakra.

## Vishuddha chakra

### *Throat chakra*



*Vishuddha chakra* is located at the base of our throat and it is directly con-

nected with our organs of hearing and speaking. This region is ruled by the element of ether and the planet Mercury. It is all about communication, expression and fast exchange of energies.

According to Vedic science, the space, in which atoms are moving, is not empty - it is filled with *akasha*, or ether, a non-substantial fifth element, which connects literally all that is. *Akasha*, the fifth element, is connected to all information that ever was, is and is going to be, at any time. Past, present and future are present simultaneously within the element of ether in the form of akashic records.

Through our throat chakra we can connect to this "cosmic radio", or *akashavani*, which is also called "the voice from the sky". This is where many geniuses in the past were taking their inspiration from. Throat chakra is the chakra of creativity, intellect and Divine inspiration in their purest form. It is the chakra of communication, where the eternal dialogue between the Divine and the Universe is happening. Each word we say and each thought we think is an outer expression of that sacred dialogue.

Mercury, which is connected to our throat chakra, represents our intellect. Only when the intellect is pure, and the mind still, like in meditation, the Divine inspiration can be received. This is the lesson that we learn in the realm of throat chakra. Although the energy can travel through the ether with the speed of light, it is not the movement that holds the true secrets, but the stillness, which allows us to observe this movement and to receive the right information. Similarly, only when we become more silent in our words and thoughts, we can tap into the Source of inspiration itself.

Here, in the realm of throat chakra, we also discover, that depending on which vibrations we send through the ether, which frequencies do we send into the world, we can create, sustain or destroy. Here we learn, that our words have enormous power, and they indeed do not only affect our reality, but also the reality around us. Everybody remembers the famous experiments of Masaru Emoto and water particles reacting differently to different words, intentions and vibrations. On the level of throat chakra we learn, that not only the words we speak affect the reality around us, but also our thoughts and intentions. More than that: we ourselves are affected by trillions of different vibrations in each moment in time. Remember, throat chakra is also about fast exchange of energy. Here we learn, how important is the quality of the frequencies we receive into our microcosm. But even more important is the quality of the vibrations that we send into the universe, as they are being saved in our personal akashic records and thus determine our future. "We reap what we sow".

That is why it is essential for every person, who wants to improve their throat chakra, to control their thoughts, and even more than that: to control their

tongues. Whenever the throat chakra is very weak, the person will have a problem with self-expression, which would lead to many misunderstandings due to lack of harmonious flow of communication through the element of ether. This would affect negatively both sense of speech of the person, as well as sense of hearing, both on psychological and physical level, and in some cases it can affect negatively even intellect itself - as intellect is all about connecting things.

On the other hand, when throat chakra is too strong in comparison to other chakras, such a person may have a tendency to over-intellectualize everything, calculate too much, and compartmentalize too much. A negative planetary influence on throat chakra can also cause a person to gossip and speak ill about others, or even curse.

Interestingly, *vishuddha* means “the purest one” or “the great purifier”. Intellect can be indeed a great purifier. But even greater purifier is our power of voice, which we receive in the throat chakra. This power is abused too often in our times. Yet, the very same power can actually purify us. Great souls, like Mahatma Gandhi, were purifying their throat chakra through observing silence once a week. This is indeed a powerful spiritual practice and a powerful remedy for *vishuddha chakra*. Yet, even more powerful remedy for enhancing throat chakra, which is using this chakra’s very own power, is the practice of chanting the mantras.

Through yogic science of chanting the mantras, as taught in Atma Kriya Yoga, we do not only purify our throat chakra, but all our chakras, and the seeds of karma stored in them. Sanskrit mantras are God-designed spiritual vibrations, which have the power to attune our whole energy system to exact frequency. These sacred mantras, if practiced diligently, can even completely alter the powerful cosmic influences, and have the power to purify us of all our karma. The very same power of ether, through which our consciousness connects and communicates with the world of matter, can be thus used for communication with the Divine, the Source of All, and purify us, by infusing our whole energy system with higher vibrations.

This very book and all the knowledge present in it is a result of the knowledge received through the throat chakra. Although it required a long intellectual research and digging deep into scriptures, the most profound insights came to me in meditation, in the form of crystallised knowledge. All I was doing was meditation on each nakshatra on its respective day and chanting its respective mantras. The knowledge came as a “side effect”, a blessing from the universe, which simply connected my individual intellect with exact information already present in akashic records.

Interestingly enough, the 16 mantras inscribed on the 16 petals of throat chakra are mostly vowels - sounds of consciousness, which are the source of power in any language. (You will read more about this topic in fourth chapter.)

Although it would be possible to imagine the language without consonants, it is rather hard to imagine a language without vowels. Vowels are also the very first sounds we learn to make as babies. Thus, the consciousness of a baby, before it learns the consonants, is from the level of the throat chakra - from the level of purity of the ether element.

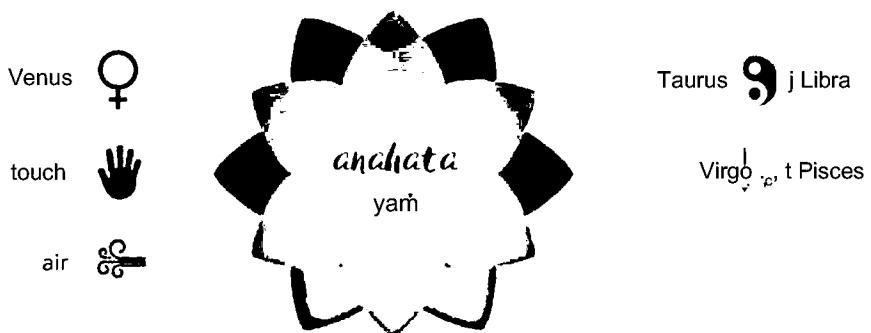
Mercury, the celestial representative of our throat chakra, interestingly, is exalted in its own sign, Virgo - the sign, where intellect gets a form. On the other hand, it is debilitated in the sign of Pisces, the sign of the formless Spirit - as this is a realm into which even the powerful intellect cannot take us. Yet, interestingly enough, you will find quite a few geniuses with debilitated Mercury, who made most of their discoveries through connecting to this "void", *akash*, represented by the sign of Pisces, and derived their inspiration from there. Sometimes to understand the deeper meaning of debilitated and exalted planet it is essential to first understand its connection with our subtle body.

Mercury rules the masculine sign of Gemini and the feminine sign of Virgo. Masculine energy represented by Gemini manifests in our throat chakra through curiosity, willingness to interact with people, fast exchange of information, creativity and spiritual search (as it resides in the ascending cycle of the zodiac). Feminine energy represented by Virgo manifests in our throat chakra through the power to understand, organize, compartmentalise, restrict, bring into balance, purify and heal (as it resides in the descending cycle of the zodiac).

Let us now descend into the realm of heart chakra and the element air.

## Anahata chakra

### Heart chakra



Heart chakra is one of the most mysterious regions within us. Here the desire is born. Not without a reason the first mantra of the 12 written on the petals of the heart chakra is *karri-* the desire mantra. It is here, where consciousness is getting enriched with the desire - desire to Love.

In Vedic tradition it is believed that each desire is just a mere reflection of this primordial desire of Cosmic Beloved imprinted in the core of every soul: the desire to experience the Divine Love through the romance with the universe, and searching for a final reunion of the Soul and its true Beloved. Being ignorant of this primordial desire of our soul, we search for fulfilment and love in many different places throughout our countless lifetimes, not being aware that it is the Divine Love that our Soul is truly hungry for.

As Venus is the planet connected to the heart chakra, its journey throughout the zodiac is a true metaphor of the evolution of our understanding of Love. In the beginning of zodiac Venus behaves very immature, tends to think only about itself, and considers its own comfort and pleasure as the highest expression of Love, the most desired thing to get. In the middle of its journey Venus is debilitated in the sign of Virgo, when it feels tired, hurt, and dissatisfied with the perishable Love, which the world has to offer. And from that point Venus starts to slowly rise and understand, what true Love really is, until it reaches its exaltation point in Pisces - the sign, where Venus realizes that the only true Love is the Divine Love.

Heart chakra is truly the chakra of Love and our Soul's path towards its Cosmic Beloved. Empathy and compassion are born here. But it is also the seat of our endless desires. Like our physical heart, the heart chakra sometimes contracts, and sometimes relaxes. When it gets into contact with greed, manipulation, attachment and callousness, it contracts, and we can literally feel how we shrink inside - that is represented by the Venus debilitated in the sign of Virgo, the sign of restriction. When, on the other hand, we release our heart from all the feelings of being hurt,

regret, bitterness, and we finally stop to calculate and let go, our heart opens up, expands, and becomes more compassionate, forgiving and spiritualised - that is symbolised by Venus exalted in the sign of Pisces.

In heart chakra we meet another person and God Himself on the most intimate level of feelings and emotions. You will notice in next chapters that Cosmic Heart Chakra consists mostly of those nakshatras, which symbolize the most private spheres of our life. Interesting thing is that Venus also gets its maximum strength in any horoscope, when it is placed in the fourth house: the house of our most hidden, most intimate sphere of life. Whenever we speak about something, that really touches us, we tend to actually put our hand on our hearts. Whenever any change in our emotions happens, whether we get frightened, or really joyful, our heartbeat is the first that reveals that.

In the heart chakra we meet with Love itself and we discover all its different facets, until we reach its very essence. Through countless relationships and countless lifetimes we learn, what Love truly is. Sometimes Love brings us joy, sometimes it brings us pain. But even every scar, every feeling of pain and regret are bringing us closer to understanding Love's true nature. They teach us the great difference between Love and attachment. Indeed, one of the most important life lessons that we learn in the realm of heart chakra is to let go of all attachments and all expectations, as that is the only thing that will set our heart free and purify it from all bitterness, pain and regret. Only, when we learn this unconditional, unattached Love, when our heart gets "exalted" like Venus in the sign of Pisces, we unlock our heart's true potential of all encompassing Love and forgiveness - the most transformative force in the world.

It is also here, in the heart chakra, where the feminine and masculine within us, in the form of subtle channels *ida* and *pingala* meet for the second time. These two opposite *nadis* start their journey in our root chakra, they finish it in the third eye chakra, and they meet on the half way in the heart chakra, which reflects the cosmic energy of Venus. Here, on the level of heart chakra, we learn how to perceive the Spirit through the energy of Divine duality. That is why heart chakra is the seat of Love, as Love can only exist as long as there is the distinction between "you" and "me".

In fact, if we would analyse the importance of the planet Venus in Jyotish, we would see that this is truly the planet of our soul's path. Not without a reason so many spiritual teachers and so many spiritual traditions say: "Dive into your heart, as God is present there." They don't say: "Open your third eye chakra". They say: "Live from your heart." Venus is the last planet, that reaches its exaltation point in zodiac, in Revati nakshatra - the nakshatra of the journey and finding our final destination. It is through our heart that the Divine is guiding us silently on each step of our lives. And this journey in itself is nothing else but the journey towards the

Divine Love, as it is the true *samadhi*, the true ecstasy of the soul - and our soul's true nature.

Heart chakra is also the seat of Divine creativity, which is another quality of Venus. Even modern science starts to discover that our emotions are actually shaping the world around us. HeartMath Institute made an extensive research on the heart and its refined nervous system, as well as its influence on shaping the reality around us. And they made some fascinating discoveries. In fact, our heart all the time keeps sending messages into the world through its powerful electromagnetic field, which is many times bigger than that of our brain. Not without a reason heart is the first organ that gets created in an embryo in a prenatal phase.

Venus rules in zodiac the feminine sign of Taurus and masculine sign of Libra. The feminine qualities of our heart chakra represented by Taurus are security, pleasure, attachment and desire, while masculine qualities of our heart chakra represented by Libra manifest us the need to balance things, beautify them and establish harmony. After all, isn't it Love, through which we learn the ultimate balance between giving and receiving?

Yet, although we have already written so much about the heart chakra, you may notice how hard it is to define it. Venus, like Love itself, is beyond any definition and hates restriction. It gets exalted in the sign of mystery. It gets debilitated in the sign of restriction. Heart chakra is indeed the greatest mystery within a human being.

A very interesting thing is that Venus is also an astronomical phenomenon, as it is the only planet, which moves clockwise in our solar system. All other planets, including our Earth, are moving anti-clockwise on their orbits. This reveals a deep esoteric power, hidden in our heart chakra - the power to go against the stream and against the odds, whenever we truly, fully desire something. It is the transformational power of Love that lies within our hearts, and the power of attraction hidden in our heart chakra.

Heart region is ruled by the element of air. It is connected with the sense of touch. Heart chakra can be beautifully enhanced by massage and touch. Yet, it is mostly balanced by the scientific yogic breathing techniques, such as taught in Atma Kriya Yoga, which allow us to reach our Cosmic Beloved, on the vehicle of our own breath. Atma Kriya Yoga literally spiritualises our breath, the air element within us, through connecting it with the right mantras, and thus awakens in us this longing for our soul's only true Love: the Divine. Pranayamas, these ancient breathing techniques, are purifying our heart chakra and our mind as well.

From the air element the fire element is born. Let us proceed to *manipura* chakra - the fire's dominion.

## Manipura chakra

### Solar plexus chakra



*Manipura chakra* is where Love and desire are turned into passion. If you would look at a Cosmic Solar Plexus Chakra (more about that topic in fourth chapter), you would see that it consist mostly of the most intense, the most transformative and the most passionate nakshatras.

*Manipura chakra* is the seat of the fire element within us. Here, the invisible (air) turns into visible (fire) - the Spirit gets its substance and an outer expression in the world. At the same time, the visible (lower elements of earth and water) gets purified into its more subtle state (air, ether) here. Not without a reason ancient Vedic seers were recognizing Agni, the deity of the fire, as the messenger between heaven and earth. Fire is the element, which allows the subtler elements of air and ether to gain their substance, and at the same time it refines the elements of water and earth by turning them into a subtler state. Here material turns into subtle, and subtle turns into material. Thus, our solar plexus chakra, the seat of Agni, the fire, is the seat of transformation within ourselves.

The element of fire blesses us in the first place with vision and the sense of seeing - the sense, that we are the most attached to, and at the same time the sense, that is the easiest to manipulate and delude. Here, in *manipura chakra*, focus, determination, motivation and passion are born - the qualities that are necessary both in material and spiritual world. Here the individuality and independence are born, too. Here we get the power to fight the difficulties: to "ingest" the difficult energies and transform them within ourselves or to fight them back and protect ourselves. Here we make a choice, how we want to use our powerful life-force, and how we choose to respond to the signals that we get from the universe.

On a physical plane the qualities of *manipura chakra* are reflected in our digestive system. Whatever gets into our organism, it needs to be transformed in

this way, or the other. What our organism considers precious, it turns it into energy or builds itself from it - but whatever is dangerous or useless to it, our organism excretes. Similarly on the level of our solar plexus chakra we get to learn, that every experience transforms us in this way or the other. Here we learn how to derive energy from each experience in our lives and how to transform ourselves by learning on our mistakes. To put it simple: we learn here, how to process all the frequencies that we receive.

Here our ego and individuality are very strong as well. After all, Mars, the planet connected to that chakra, is the best friend of the Sun, as their nature is similar. Here personality gets defined by its actions, by its manifestation in the world. Yet, on the level of *manipura chakra*, the personality can also easily get entangled into the fake identification with its actions. It is here, in the fire of passion, that we lose ourselves into the world and we forget our true nature, by identification with our temporary thoughts and deeds. Here the illusory "I am the doer" assumption is born. But it is also here, in the holy fire of Agni, where we can get purified of this ignorance, and recognise that our true self is made of a far finer substance than just our temporary thoughts and beliefs: it is made of Spirit, the true Doer of all, who secretly works behind the scenes of our lives.

Through the state of our *manipura chakra* or Mars in our natal chart we can also see, how is our relationship with time. Do we take action, when it's needed, or do we procrastinate a lot? Do we have the courage to do our duties, when there is a time for it, or do we rather prefer to stay in our comfort zone? Do we believe, that everything happens in Divine timing, or is our impatience driving us crazy? Impatience is indeed the first quality, through which you can recognize that one's solar plexus chakra is out of balance - same with procrastination. Whenever Mars becomes an Atma Karaka for one, issues related to impatience and procrastination will be the ones that the person needs to work the most in this lifetime.

Mars is exalted in the sign of Capricorn, where our inner fire is stabilised by the grounding effect of this sign, and its intense energy is used to fulfil our duties. On the opposite side of zodiac Mars is debilitated in the sign of Cancer, where our ability to take action is slowed down by the waters of our emotions, insecurity and the need to stay in our comfort zone. Water never reacts well with fire.

In zodiac Mars rules the feminine sign of Scorpio and masculine sign of Aries. Aries represents the masculine qualities of our *manipura chakra*: motivation, determination, individuality and ego. Scorpio, on the other hand, represents feminine qualities of our solar plexus chakra: transformation, self-reflection, passion and striving for perfection.

Visualisation is a very good remedy for improving *manipura chakra*, as it utilises this chakra's very own sense for a creative purpose. Whenever *manipura*

*chakra* is exaggerated and thus results in too much stress, impatience or anger, it is best to harness this inner fire and turn it into creativity and motivation. Above all, *manipura chakra*, is the chakra of power, *shakti*. Power can manifest in the outer world either as aggression, manipulation and anger, or as a motivation for change and creativity. To understand the true nature of this chakra it is essential to understand that anger and motivation are in reality the very same energy, just manifested in two opposite ways: destructive and creative. Here, in *manipura chakra*, we get to decide, how do we want to use our personal energy, destructively or creatively.

*Yagna*, the ancient Vedic fire ritual, was in the past the most important spiritual practice for all people. The sacred fire, Agni, was invoked, to connect the heavenly plane with earthly plane, and thus the negative energies from our lower plane were transformed, whilst the blessings of gods from the higher planes were invoked at the same time. In Vedic times the oblations to the fire were made mostly for the deities of nature, who were perceived as the part of one Supreme Spirit. Through that ancient fire ceremony people were reminding themselves everyday that they are a part of a bigger picture, and that the only Supreme Doer, which hides behind the scenes of creation, is the Divine. Thus, people were getting transformed through *yagnas* and purified of their false egos, as well as their inner fire element seated in *manipura chakra* was positively transformed.

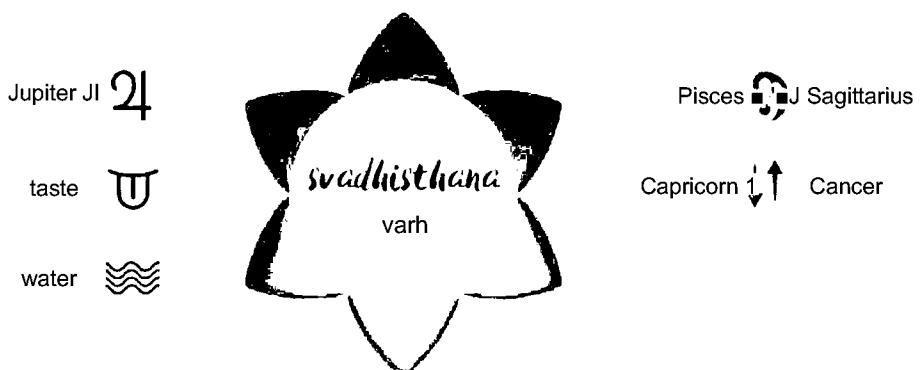
It is important to note, that these ancient *yagnas* were not performed just for the one's personal benefit. They were performed for the welfare of all, for paying homage to the spirits of nature and recognizing one Supreme Force, that is present in all. It is even scientifically proven that the area in which *yagnas* are regularly going on, has much purer atmosphere, and the very ash from the *yagna* actually makes the earth more fertile, due to sacred ingredients used in such a fire ceremony. Through these sacred ceremonies ancient people were purifying their *manipura chakra* and forgetting about their egos for a moment by doing something for the welfare of all.

In our times, when people are crowded in overly populated cities, not everybody can afford a luxury of performing a real *yagna* through invoking sacred fire. Yet, Bhagavan Krishna has revealed in Bhagavad Gita the supreme form of *yagna*, purifying us of all karma, through "offering incoming breath into the outgoing, and the outgoing breath into the incoming". This mysterious verse from Bhagavad Gita is in fact a description of a specific yogic technique from Atma Kriya Yoga, which does not only purify our karma and refine our perception, but it also elevates our consciousness to a higher state. This is how the inner *yagna* can be performed to purify and refine our *manipura chakra*.

From the fire let us now descend to the realm ruled by water element: *svadhishtana chakra*.

## Svadhishtana chakra

### Sacral chakra



*Svadhishtana chakra* is like the river: it wants to follow towards its destiny full-heartedly. *Manipura chakra* gives us the vision, the focus, the goal and the creative spark to start things. But it is the inner water element, which gives us the true power to nourish and sustain things, to keep heading towards our goal, no matter the obstacles. *Svadhishtana* is the chakra of our faith, our optimism and our belief system - namely, all that "keeps us going" on our way and sustains our motivation.

Water element is a complete opposite of the fire element present in *manipura chakra*. Here we learn how to surrender to the flow of life, how to surrender to the Divine guidance and the values we believe in. Here we don't want to guide - we want to be guided. These are the true qualities of Jupiter, the planet related to *svadhishtana chakra*.

The motivation of every water stream is always to become bigger. Little mountain springs join together to create rivers, and river itself grows bigger and bigger over its journey, to finally reach its destiny: infinite ocean. Similarly, the jupiterian energy present in our *svadhishtana chakra* is all about expansion, growth, optimism, procreation - all about becoming more, than what we already are. It becomes easily understandable, why in our times, the age of ignorance, most people connect this chakra mainly with sexuality. Our culture became so shallow, that nowadays we experience this inner feeling of expansion almost exclusively through sexual intercourse. Yet, although water is surely deeply connected with sexual energy within us, it also holds a much a deeper spiritual meaning.

Water element is where true alchemy happens. As much as through the element of fire in *manipura chakra* things got transformed, purified, changed, and partially eliminated, water element is a complete opposite of that: it is about mixing things together, mingling them and becoming a bigger whole through connection,

not through elimination. Fire absorbs all impurities and transforms them immediately to give them a different form. That's the quality of the mind. Water, on the other hand, absorbs all impurities and embraces them the way they are - and then simply waits for them to slowly fall to its bottom. That's the quality of our subconsciousness.

Water element, which is ruling in the region of *svadhishtana chakra* represents our ability to accept things the way they are, like the water does, without the need to instantly change them. Fire transforms things rapidly, while river shapes our environment very slowly, over a long period of time. For fire transformation is the priority. For water nourishment and maintaining the inner balance are on the first place. Fire is all about "me" - water is all about "us". Tolerance is born in water element.

*Svadhishtana chakra* represents also the deep waters of our emotions and our subconscious world. After all, signs ruled by Jupiter in zodiac are the most spiritual ones. Jupiter is also exalted in Cancer, the watery sign of emotional security, nourishment, spirituality and sensitivity, while it is debilitated in the materialistic, earthly sign of Capricorn. Jupiter, the Cosmic Guru, doesn't like to bring materialistic knowledge into the world - it rather wants to spread the spiritual knowledge, represented by the sign of Cancer.

"Flow" is the most important keyword when it comes to water element, *svadhishtana chakra* and Jupiter. In whichever sign Jupiter feels this free flow of emotions and energy, it feels happy there. In whichever sign the flow of water element is restricted with lots of boundaries and earthly energies around it, or misbalanced by aggressiveness of fire element, Jupiter won't be happy there. Faith of Jupiter can't blossom freely with too much of heavy energies around it.

In zodiac Jupiter rules the feminine sign of Pisces and the masculine sign of Sagittarius. Sign of Pisces represents the feminine qualities of our *svadhishtana chakra*: formlessness, resting, Divine inspiration, as well as world of dreams and spirituality. Sagittarius on the other hand reveals the masculine qualities of our *svadhishtana chakra*: ability to learn and absorb the knowledge, our relationship with the teachers in our life, and our belief system.

Planet Jupiter, as well as *svadhishtana chakra*, is also connected with the sense of taste. This is why our diet and everything that we intake has a huge impact on this chakra. When this chakra is imbalanced addictions can happen very easily, as it will make person "swim too much" in the waters of emotions and subconscious world, without any direction, with sole purpose to run away from the reality and experience a little bit of perishable joy and optimism. This happens when natural optimism and faith, given by Jupiter, are absent and a person tries to compensate them with something else.

Jupiter is considered in Jyotish the planet responsible for the quality of our digestion, along with Mars. Jupiter is also the primary planet responsible for our weight. As Jupiter feels exalted in the sign of Cancer, it reveals the need for emotional security as the primary need present in the *svadhishtana chakra*. The science of psychosomatics connects this emotional need and any imbalances here with changes in fat tissue. Too much water element, caused by misbalanced Jupiter, can cause either obesity in the body ("I am not enough" belief), while lack of water element can cause problems with getting on weight ("I don't want to exist" belief). Both of these core beliefs, causing problems with weight, are related to person's lack of faith in oneself and insecurity, which is, again, represented by Jupiter in Vedic astrology.

You can see on this easy example how deeply our emotions, thoughts and beliefs are connected with our chakras and external forces in the universe. Our reality is quite literally shaped by the way, how our chakras filtrate the pure cosmic energy.

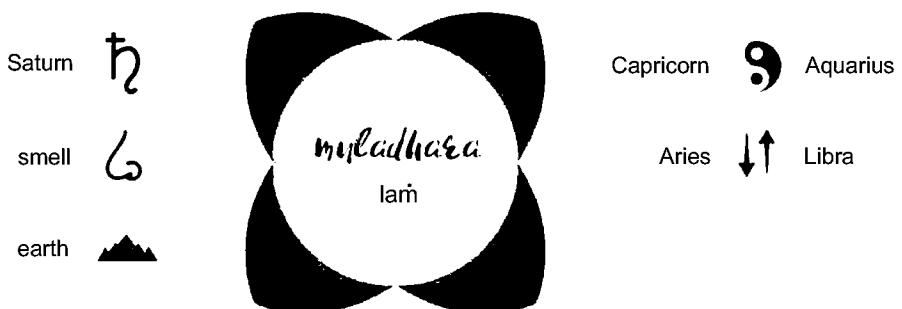
Jupiter and *svadhishtana chakra* represent also our connection with our Guru. In Jyotish Jupiter is called "Guru", the Cosmic Teacher. *Svadhishtana chakra*, on the other hand, is our ability to follow some Higher Guidance and surrender to the Divine, as well as to our true Guru - like the water surrenders and takes shape of any space it is put into. The state of our water element shows how receptive we are, and how easily do we allow changes to happen to us. That is why Jupiter is exalted in a very changeable sign of Cancer, but it is debilitated in the stubborn sign of Capricorn.

Whenever *svadhishtana chakra* and water element are exaggerated in the body, it is important to strengthen root and solar plexus chakras, in order to balance it. First signs of exaggerated *svadhishtana chakra* will always be lack of grounding, lack of motivation to take action and too emotional nature - which are the signs of misbalanced root and solar plexus chakras. When, however, there is not enough water element in the body and *svadhishtana chakra* is weak, swimming and drinking enough water will surely help - but in many cases this won't be enough. This what truly brings balance to water element, and *svadhishtana chakra*, which is very spiritual in its essence, is a scientific meditation, like Atma Kriya Yoga. Daily meditation practice, like Atma Kriya Yoga, is what teaches us to go deeper in the inner waters of ourselves, to surrender to the natural flow of life, but at the same time stay grounded and focused. It teaches us the understanding of water element in its most Divine form: in the form of surrender to the Divine.

When water element finally gets crystallised and achieves its form, it becomes the element of earth. Let us now descend to *muladhara chakra*, where the element of earth is ruling.

## Muladhara chakra

### Root chakra



This chakra is where earth, the most dense and tangible element is ruling. *Muladhara chakra* represents the very tangible reality around us - the reality, which can be heard, touched, seen, tasted and smelled by everybody. The reality, that never lies.

It is here, in *muladhara chakra* that our thoughts, feelings, visions, dreams and other frequencies from the higher planes, finally get their substance and their real form, which is available not only for us, but also to everybody around us. *Muladhara chakra* is the final meeting place of individual consciousness with collective consciousness. It is where the subtle gets crystallised into the material.

The more dense is the element, the more crystallised it is into a form, the harder it is to change it. We can change our thoughts in a fraction of second, but once we make a bad decision in reality and it already brought its results, it is not so easy to "clean up" the chaos in a real, tangible world, which affects not only us, but also our surroundings.

Similarly it is with the planets. The further they are from the source, from the Higher Consciousness, represented as the Sun in our solar system, the slower they move on their orbits and the results they bring into our lives are more lasting and more profound. Just by observing this analogy you can beautifully see, why the exact planets, exact elements and exact chakras are deeply connected by the Divine genius of Cosmic Architect.

Here, in the region ruled by earth element, all the actions will have a long-lasting effect. Once a thought, a word, a vision or a feeling gets its substance in the real world, it stays here forever. You can't take it back. The very name of *muladhara chakra* means: "the one having roots". Once the seed of karma sprouts in the outer reality, it takes its roots there, and it's not so easy to reverse this process. *Muladhara*, being the chakra of reality, is also the chakra of final results and our ultimate

meeting with our karma.

The planet, which is a signifier of karma in Vedic astrology is Saturn. Saturn's powerful influence is connected with earthly region of our root chakra. Similarly, like *muladhara chakra*, Saturn's influence is all about showing us the raw reality, the way it is, and making us face the truth, as well as the results of our own actions. That is why Saturn is the planet, which people are the most afraid of, especially in India: it is the planet of our ultimate karmic return.

Most of us are afraid of Saturn, because we are simply afraid of the truth - especially the truth about ourselves. It is also the fear of taking the responsibility for our actions and our life. The more we live only in the mind and in the land of our dreams, the less grounded we are, and the harder it is for us to stand the powerful influence of Saturn. Saturn is not merciful for those, who resist the reality or try to run away from it. It is here to remind us that we are a part of this world, and everything we think, say or do, has a very tangible impact on the reality around us.

This is why infamous *shani sade sati* period, seven and half years of Saturn, is so feared in India. During this period Saturn has its transit through our natal Moon and thus directly affects our mind. If there is too big difference between what our mind thinks the reality to be, and what reality truly is, Saturn will keep bringing us down to earth during this time, so we can see the reality with our own eyes and experience it in a very tangible manner. During that period Saturn confronts us with all our fears and limitations, to make us more humble, but also to make us more grounded, responsible and confident. People, who have a strong root chakra and balanced earth element within themselves, would usually excel during *shani sade sati*, as the combination of the energies of Moon and Saturn would open in front of them the possibility of bringing their ideas (Moon) into the real world (Saturn). But when *muladhara chakra* is weak, this time period might not be necessarily the most pleasant one, as this is when the mind will get a crash with reality.

The reality never lies. Similarly, our sense of smell never lies. Sense of smell is deeply connected with *muladhara chakra*, and this is what makes aromatherapy so powerful. Unlike other four senses, the sense of smell never gets filtrated through our conscious mind. For all mammals sense of smell is crucial for survival, and being so, our biology couldn't afford to allow this precious sense to be corrupted by the relative perception of our minds. *Muladhara chakra* is very strongly connected with our survival instincts, and thus it is also very much connected with the feeling of fear. In *muladhara chakra* all our fears have their roots, as Saturn himself is the planet of fear.

Saturn is the last planet visible by naked human eye, which makes it the planet, which shows us our own boundaries and limitations. Even the rings around Saturn remind us about the ultimate truth, that everything has its limits.

In *muladhara chakra* we learn how to derive our strength from understanding our weaknesses, and how to derive confidence from humility - how to acknowledge our limitations and go beyond them.

Sincerity is the quality, which is dearest to Saturn, because when you are insincere, you are acting directly against the reality and through that you cause a misbalance in the universe. This is why whenever Saturn transits one of your houses, it will show you the truth about this particular sphere of your life - the truth, that you might have refused to see for a very long time.

Saturn is a planet of Cosmic Order and righteousness, which has truth as its base. This is why Saturn is exalted in Libra, the sign of cosmic law and balance, while it is debilitated in the sign of Aries - the sign of individuality and ego. Saturn always looks from the perspective of what is good for all, never from a perspective of what is good for an individual.

As Saturn is the planet that moves in the slowest way, it also represents everything that is long-term, as well as our ability to take responsibility and be loyal and dedicated, regardless of the obstacles, which may appear on our way. The ring around Saturn is like a wedding ring, which represents our ability to stay loyal and dedicated. Yet, at the same time, Saturn, teaches us also where shall we put our own boundaries and when to say "no", when it's needed. As much as through *svadhishtana chakra* we learn to say "yes" to all those energies, that we would like to receive in life, in *muladhara chakra* we learn to say "no" to all those energies, that don't serve us anymore. One of the first things that you will notice in people, who have weak *muladhara chakra* is that they have a big problem with saying "no" to others, as well as with receiving refusal. I personally know people, for whom hearing "no" is almost like the end of the world. After all, Saturn is also a planet of rejection and fear of being rejected.

In zodiac Saturn rules the feminine sign of Capricorn and the masculine sign of Aquarius. Aquarius represents the masculine qualities of our *muladhara chakra*, like humanitarian concern, thinking out of the box of our boundaries and thinking about the goodness of all. It is all about restoring the balance and connecting small particles into one bigger whole. Capricorn, on the other hand, represents the feminine qualities of our root chakra, like structure, organisation, following the law, fulfilling our duties and being responsible.

When *muladhara chakra* is weak, we don't only lack assertiveness, but we also lack grounding and stability in life. Realising any of our ideas seems very hard for us, as in such a state we subconsciously run away from hard job and responsibility. People with weak root chakra will also have a very hard time, while facing the obstacles in life, and they won't be very loyal or dedicated. Justice is usually not their top priority. They will also lack a good dose of confidence, as well as humility

- because true confidence can arise only from true humility.

On the other hand, people with exaggerated *muladhara chakra* may be way too structured, overly organized and they might always want everything to work according to certain rules - usually their rules. When earth element is exaggerated, person wants to set too much boundaries in the reality, and the person wants everybody to obey the same rules. Such a person can be often so focused on trying to do everything fair to such an extent, that balancing the karmic debts from others will be more important for the person than compassion and understanding. Such people need to understand in life that each one of us is different and applying the same rules for everybody will never work.

Yet, we cannot forget to mention, that besides all that is mentioned above, *muladhara chakra* is also the seat of *kundalini shakti*, our Divine potency, represented in iconography by a coiled snake. It is here, where our spiritual journey towards higher realms happens, where *kundalini shakti* awakens. It is also here, where *ida* and *pingala*, the feminine and the masculine energy channels in our subtle body, start their journey towards the Higher Consciousness.

It is said that *kundalini shakti* lies in three and half coils at the base of our spine. Interestingly, when you observe Saturn through a good telescope from Earth, you will be able to see only its three (and half!) main rings. Coiled *kundalini shakti* is our personal energy and our personal karma that needs to be released. The rings of the Saturn represent the same, the boundaries of our self-created karma.

A popular theory states Saturn's rings probably formed when objects like comets, asteroids, or even moons broke up in orbit around Saturn due to Saturn's very strong gravity. The pieces of these objects kept colliding with each other and broke into even smaller pieces. These pieces gradually spread around Saturn to form its rings. When we understand, that Saturn is the planet related to our root chakra, it has indeed a very deep meaning. Our *muladhara chakra* is the biggest storehouse of our karma within our energy body, and Saturn itself is called a *karma karaka* in Vedic astrology. Whenever we get attached to any experience in our life, it immediately gets attracted by the strong gravity of our root chakra, and stays there as a karmic record - similarly like asteroids and comets get attracted by strong gravity of Saturn. In the same way, our karma keeps "circling around" our *muladhara chakra*, which represents our reality. This is why similar situations keep coming back into our lives, as long as we do not truly honour the life lessons they try to teach us.

In next chapters you will notice that Cosmic Root Chakra consists of two nakshatras, which represent in Jyotish spiritual awakening and *kundalini shakti* herself: Purva Bhadrapada and Uttara Bhadrapada. Purva Bhadrapada, represents the intensity of spiritual awakening, while Uttara Bhadrapada represents the grounding, stabilising force for this powerful energy.

This is, what we learn on any spiritual path: a true spiritual awakening cannot happen without a proper grounding. *Kundalini shakti* is pretty much like electric current travelling up our spine, within the *sushumna* channel, piercing all our chakras - and electricity, when it is not grounded, can be destructive, too. Thus, purifying *muladhara chakra* and keeping it strong and grounded is essential for spiritual awakening to happen.

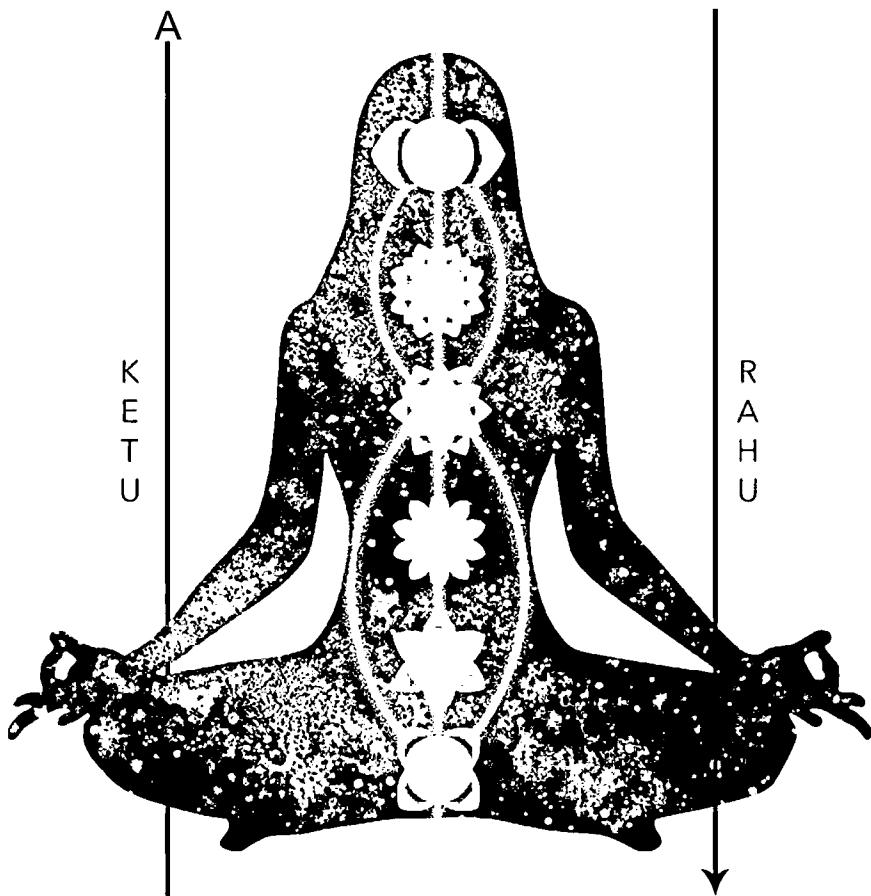
There are many ways, how we can purify and strengthen our *muladhara chakra*. Physical exercises, like *yoga asanas*, are very good for establishing a proper grounding. Walking barefoot on the grass is also a very good practice. Yet, using scientific meditation techniques, like Atma Kriya Yoga, is what can provide you an ultimate grounding, and at the same time it prepares within your subtle body a platform for spiritual awakening to happen. There is even an exact technique for purifying *muladhara chakra* in Atma Kriya Yoga. The sole process of meditation is very powerful for healing the root chakra, as it teaches us patience, humility, introspection and facing the reality the way it is - all the qualities, which Saturn is trying to teach us.

## **Rahu & Ketu: Lunar nodes in our subtle body**

Now, when you know, how each planet is intimately connected with each of the chakras within our subtle body, you might ask: but what about Rahu and Ketu, the lunar nodes?

Rahu and Ketu are two opposite forces in our subconsciousness. The first is all about greed, unsatiated desire, obsession and yearning to experience, while the second is all about detachment, liberation and finishing things. Rahu is the force, which makes us entangled in the world, while Ketu is the force, which liberates us. That is why two lunar nodes always occupy the opposite signs in zodiac, while in reality they are just two opposite sides of the same subconscious force.

In our subtle body, Rahu and Ketu manifest as a downward and upward movement of energy within our energetic spine, *sushumna*, known in yogic tradition as *prana* (upward) and *apana* (downward). Similarly like the energy of *prana* is cold, while the energy of *apana* is warm, the energy of Ketu is cold, while the energy of Rahu is warm. These two opposite forces act secretly behind each of our incoming breath and outgoing breath, in every second of our lives. In yogic traditions, such as Atma Kriya Yoga, we learn to balance these two opposite currents of our personal energy, by exact yogic techniques and the right visualisation of *prana* and *apana* moving up and down our spine. In Atma Kriya Yoga we utilise *prana* and *apana* to awaken the electric current of Divine grace in our subtle spine.



By understanding that, it is not hard to guess, why people with many planets in Rahu and Ketu nakshatras, are usually very spiritual. Rahu and Ketu are the true transformational forces working behind our chakras.

When we understand this deep connection between lunar nodes and *prana* and *apana* within our subtle body, connected to our incoming breath and outgoing breath, it is also easy to comprehend, why this moment of our very first breath in this body, is the moment, considered our true time of birth in Vedic astrology. When we are still connected to our mother by umbilical chord, and when she is still doing the breathing for us, we are still under the karmic influence of our mother. Our own wheel of karma is set into motion the moment we start to breath on our own, as then our *prana* and *apana*, which enlivens our chakras, start to work, and along with them the lunar nodes get activated.

Having this understanding, also the astrological phenomenon of *kala sarpa*

*yoga* (when all planets are placed between Rahu and Ketu in zodiac) and *kala amrita yoga* (when all planets are placed between Ketu and Rahu) starts to be more understandable. When all planets, representing our chakras, are placed between Rahu and Ketu, like in *kala sarpayoga*, then the downward current of energy within our subtle bodies, *apana*, is too strong, which can exaggerate our struggle within the material world. On the other hand, when all the planets are placed between Ketu and Rahu, there is a strong feeling of dissatisfaction and lack of direction in life, caused by too strong current of *prana*, upward energy. Spiritual practices, such as Atma Kriya Yoga, are extremely powerful when it comes to balancing the effects of *kala sarpa* or *kala amrita yoga* in the horoscope.

## The journey is just beginning

Isn't it fascinating to study your inner you-niverse?

Since I started to study the connection between the chakras and the planets in our solar system, I started to truly understand, what Vedic seers meant, when they were saying that through Jyotish, through the sacred art of Vedic astrology, we can truly reach enlightenment. Perhaps you start to sense that, too.

If this inner journey was interesting for you so far, then be prepared - because it is going to get more and more intriguing.

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## Chapter 3

### Movements of Consciousness Through the Zodiac

When I started to study the multitude of connections between each chakra and its planet, I was amazed. But when I started to study each zodiac sign in relation to each chakra, it is when I became truly surprised and humbled by the beauty of Vedic knowledge and the Divine genius of Cosmic Creator.

In previous chapter you have learned, how each chakra is connected to each planet. Now, when you already know, that each planet is ruling two signs in Vedic astrology (except Sun and Moon, which have just one sign each), one feminine and one masculine, let us visualise how would look a zodiac chart, if we put chakras in the places of the zodiac signs they are connected to:

 Pisces SVADHISTHANA	 Aries MANIPURA	 Taurus ANAHATA	 Gemini VISHUDDHA
 Aquarius MULADHARA			 Clanct AJNA
 Capricorn MULADHARA			 Uc AJNA
 SufittaitM SVADHISTHANA	 Scuffyic MANIPURA	 Libra ANAHATA	 Virgo VISHUDDHA

Do you notice a certain pattern in the picture above?

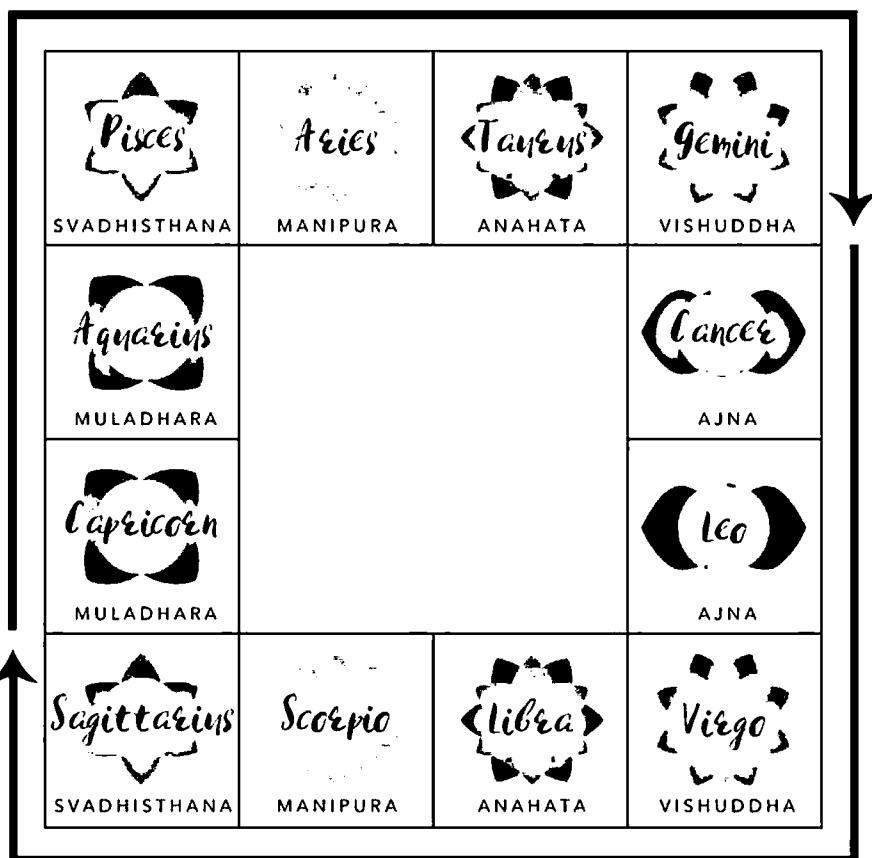
Starting from *muladhara chakra*, present in the signs of Capricorn and Aquarius, if you would move your finger clockwise across the chart, like most of the planets are moving through the zodiac, you will pass through *svadhishtana chakra* (Pisces), *manipura* (Aries), *anahata* (Taurus) and *vishuddha* (Gemini), all the way up to third eye chakra, represented by the signs of Cancer and Leo. From that point, if you continue to go clockwise, you will slowly descend through *vishuddha* (Virgo), *anahata* (Libra), *manipura* (Scorpio) and *svadhishtana* (Sagittarius), back again to root chakra in the sign of Capricorn and Aquarius.

Does it remind you of something?

It is exactly how *prana* and *apana* work in our subtle body with each incoming and outgoing breath we take. *Prana*, the upward current of energy, moves through our *sushumna* from the base chakra to the third eye, while *apana*, the downward current of energy, moves down the spine from the third eye to *muladhara chakra*. The ancient yogis noticed the connection between this cosmic cycle and the breathing cycle within our subtle body, and they created powerful *kriya* techniques, such as Atma Kriya Yoga, to harness this natural energy within us, and to use it for purifying our chakras out of their karmic luggage stored in them. In Atma Kriya Yoga literally every breath we take is a reflection of this beautiful cosmic cycle, which attunes us to the higher vibrations of each planet and thus allows us to master the energy of each of our chakras.

## Mystery of Uttarayana revealed

### UTTARAYANA



### DAKSHINAYANA

When you observe the above diagram it becomes obvious, why Uttarayana, the northern movement of the Sun, is considered holy by Hindus. According to Vedic timing Uttarayana starts, when the Sun enters the sign of Capricorn, when it reaches the zodiacal *muladhara chakra*. Once the Sun, representing the Higher Consciousness, reached the *muladhara chakra*, it can now proceed only up the zodiacal chakras. Thus, during Uttarayana, the Sun goes up the zodiacal chakras, awakening their spiritual energies on the way. Even in Bhagavad Gita Lord Krishna has revealed that Uttarayana is the best time to leave the body. Perhaps the deeper, esoteric meaning behind his message was connected with the fact, that during Uttarayana the Sun travels up the chakras, and thus the energy in our own chakras also tends to go more "up", towards spiritual vibrations and towards the Divine.

Once the Sun reaches the sign of Cancer, the zodiacal third eye, Dakshinayana

starts - the southern movement of the Sun, which can be thus understood as the downward movement of the Sun through the zodiacal chakras, which makes the downward life current stronger within our own subtle bodies and chakras. During Dakshinayana our materialistic tendencies get stronger and we need to put more effort in our actions. Uttarayana is thus more connected to Ketu, the liberating force and upward movement of energy within our subtle body, while Dakshinayana is more connected to Rahu, the energy of materialistic struggle and downward movement of energy within our subtle body.

If we now understand, that Sun, in fact represents nothing else, but our own consciousness, you can literally see how Sun is performing kriya yoga up in the sky, revealing to all of us the secret behind this powerful yogic technique. The technique itself is a secret and can be taught exclusively by a certified teacher on an Atma Kriya Yoga course, so we can't discuss it here in detail. But if you wish to become a true yogi and awaken the Divine potential within you, Atma Kriya Yoga is definitely something you would like to practice - the universe itself is performing these techniques right on our sky. This gives us far broader understanding, how ancient Vedic seers were truly learning just from observing nature.

Interestingly enough, according to recent research of NASA, the Sun is even chanting the sacred sound *orri* during its sacred journey throughout our sky (representing our earthly perception). There has been made an interesting experiment, where specific vibration in the Sun's coronal loops which vibrate transversely (as a guitar) and longitudinally (as a wind instrument) were captured and converted into the sound waves audible to our ears on Earth. These waves sound very similarly to the sacred sound *orri* (you can check it on YouTube). The Sun literally chants *orri* while moving across the sky of our earthly perception, through the heavenly zodiacal chakras, giving us a hint, with each of its movements, about the most sacred yogic practice for uplifting the human consciousness: *kriya yoga*.

Bhagavan Krishna reveals indirectly the mystery behind the practice of *kriya yoga* in Bhagavad Gita. In the beginning of chapter four Sri Krishna openly says about this ancient science of uplifting the human consciousness: "I instructed this imperishable science of yoga to the Sun-god, Vivasvan, and Vivasvan instructed it to Manu, the father of mankind, and Manu in turn instructed it to Iksvaku. This supreme science was thus received through the chain of disciplic succession, and the saintly kings understood it in that way. But in course of time the succession was broken, and therefore the science as it is appears to be lost. That very ancient science of the relationship with the Supreme is today told by Me to you because you are My devotee as well as My friend; therefore you can understand the transcendental mystery of this science." From these verses we learn that the first one who learned the science of uplifting the consciousness from the Supreme was Sun-god himself. No wonder that the movements of the Sun on our sky reflect the

movements of consciousness during *kriya yoga* practice and remind us constantly about the need to establish our own relationship with the Divine.

As the Sun is doing its *kriya* around the zodiac, so in Atma Kriya Yoga we move our consciousness through the chakras in one harmonious cycle, reflecting the movements of the Sun, our Higher Consciousness. This indeed reveals an unparalleled genius of the ancient sages and seers, who had given those techniques to mankind. With Atma Kriya Yoga you literally do not need to bother yourself, whether it is Uttarayana or Dakshinayana now, as your soul starts to create its own sacred microcosmic cycle, and your very own chakras start radiate auspiciousness and Divine vibrations. That is why yogic techniques such as Atma Kriya Yoga are absolutely best jyotish remedies, above all others.

## **Cosmic nuances**

When I was meditating on the picture above, humbled by the perfection of the Creator present in every piece of our macrocosm and microcosm, I started to look closer at the nakshatras behind the zodiac, especially the nakshatras between the exact zodiacal chakras. And I became even more amazed, seeing the exact patterns in the “frontier” nakshatras between the zodiacal chakras, which perfectly reflect the qualities and issues related to the consciousness ascending from one chakra to another. In fact, it is really amazing how much we can learn about the nature of true spiritual development just by observing nakshatras - the sacred stars behind the zodiac.

### ***Dhanishta nakshatra***

	4UG		
	Dhanishta		
			
	Sccfyic		

Dhanishta nakshatra, present equally between the sign of Capricorn and Aquarius, resides at the very base of the zodiacal spine, where *kundalini shakti* dwells. From this perspective it is very easy to understand, why one of the symbols of Dhanishta nakshatra is the ladder. This nakshatra is connected to this part in our subtle body, from where our consciousness starts to rise up the *sushumna* channel to higher energy centres. This inner process of rising of consciousness through the chakras is sometimes represented in Hindu mythology as climbing up the sacred mountain of Meru. Now, is that a coincidence that the deities of this nakshatra are eight Vasus, Vedic elemental gods, who are said to be constantly flying around the top of mountain Meru?

Another symbol of Dhanishta nakshatra is also the flute. A flute with six holes is a beautiful metaphor of our *sushumna nadi*, and its six chakras. *Sahasrara*, the ultimate energy centre in our cranium would be here the place, where cosmic flute player, Bhagavan Krishna, puts His lips and breathes life into us. Isn't that the true goal on any spiritual path, to become an instrument of God and purify ourselves, so

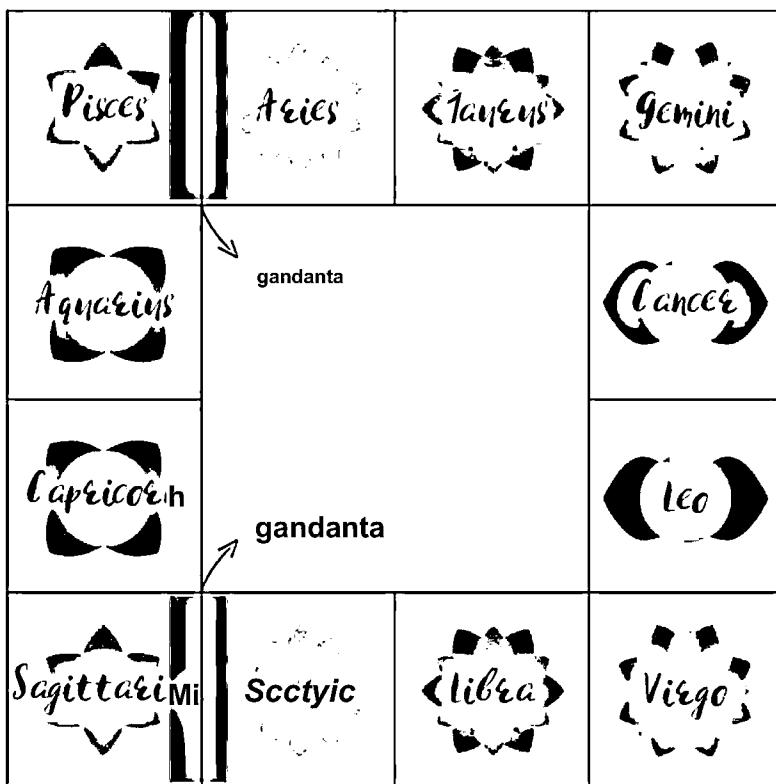
the Divine melody can flow through us freely, without any disharmonious note?

### **Purva Bhadrapada and Uttarashadha nakshatras**

			
	Purva Bhadrapada		
	Uttarashadha		
			

Between the zodiacal *muladhara chakra* and *svadhishtana chakra*, which is the point between Aquarius and Pisces on one side, and the point between Sagittarius and Capricorn on the other side, we have Purva Bhadrapada nakshatra on one side and Uttarashadha nakshatra on the other side. Both of these nakshatras are deeply spiritual. One is fixed, symbolising the need of stability, while awakening our *kundalini shakti* in *muladhara chakra*, while another one is fierce and intense, resembling the powerful nature of spiritual awakening. Both of them, however, seek stability and grounding. Uttarashadha is placed before Purva Bhadrapada in zodiac, in a downward cycle, which shows the need to firstly take care of worldly matters, before we focus on our spiritual awakening, so the powerful, electric current of *kundalini shakti* can have a proper grounding. Uttarashadha and Purva Bhadrapada have also one very important thing in common: humanitarian concern, thinking about the goodness of all humanity.

## Gandanta points between svadhishtana and manipura



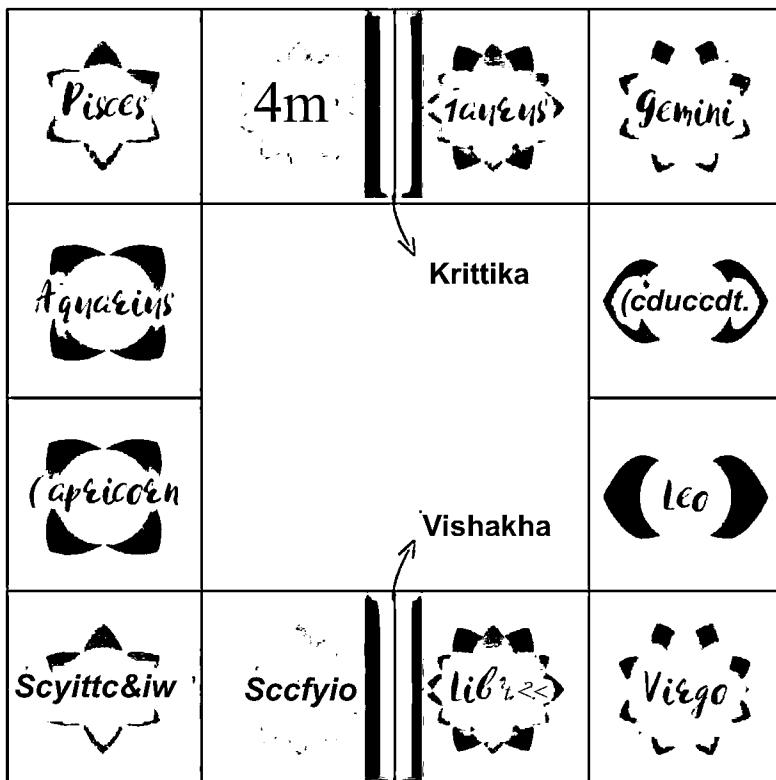
Now, if you look at the nakshatras present between zodiacal *svadhishtana chakra* and *manipura chakra*, between Pisces and Aries, and Sagittarius and Scorpio, you will notice there *gandanta* points, on both sides. That cannot be a coincidence.

*Gandantas* are three points on the Vedic sky, which occur always when the watery sign turns into fiery sign. It denotes the end of one nakshatra cycle. Whenever a planet transits this special point in the sky, we experience an intense transformation during this time period - as passing from water to fire is never easy. *Gandanta* literally means "the end of the cycle", "the end of the knot".

Similarly, the journey from water to fire, which happens in our subtle body, when our consciousness rises from *svadhishtana chakra* to *manipura chakra*, is visible on the sky between zodiacal *svadhishtana chakra* and zodiacal *manipura*

*chakra* in the form of two *gandanta* points, present exactly between those two chakras. The presence of two *gandanta* points in those two exact places on the sky reveals the eternal conflict between water and fire and the need to overcome it during the process of spiritual awakening.

### *The nakshatras of Agni*



Each nakshatra reflects the energy, the *shakti*, of one Vedic deity in Jyotish. There is only one deity, however, which is the ruler of two nakshatras: Agni, the god of fire. To make it even more interesting, the nakshatras of Agni are present exactly between Aries and Taurus, and Scorpio and Libra - between zodiacal *manipura chakra* and *anahata chakra*, on both sides of the zodiac. Krittika, the nakshatra of Agni present between Aries and Taurus, in the upward cycle, represents the purification of gross vibrations into something more subtle in the fire wisdom. Vishakha, the other nakshatra of Agni present between Scorpio and Libra, represents the condensation of inner fire into the material world, which results with creativity and fame.

## The nakshatras of Mars

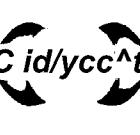
				
		Margashirsha		
			Chitra .	
				

As Dhanishta nakshatra, the nakshatra of Mars present between Capricorn and Aquarius, plays a crucial role in spiritual awakening, so two other nakshatras of Mars, Margashirsha and Chitra seem very important, as both of them are present exactly on the borders between zodiacal *anahata chakra* and *vishuddha chakra*, on both sides.

Between Taurus and Gemini there is Margashirsha, a very swift nakshatra, which primary motivation is searching for a higher purpose and higher fulfilment in life - which eventually leads to a spiritual search. On the other side of zodiac, between Virgo and Libra, there is Chitra nakshatra, which holds a very similar lesson like Margashirsha: searching for the higher beauty within ourselves, rather than in the outer world, and learning through our very own experience. Both nakshatras are very spiritual and both are about looking for some higher fulfilment, higher harmony in life. Yet, both are coming to that conclusion only after a long period of

enjoyment and search in the material world, which can never satisfy them, and this eventually leads them towards a spiritual search.

### ***The Cosmic Mother and the Cosmic Father***

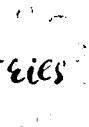
 <b>Faces</b>	 <b>AIM</b>	 <b>Taurus</b>	 <b>Gemini</b>
 <b>Aquarius</b>	<b>Punarvasu</b>		 <b>Cid/ycc^t</b>
 <b>Capricorn</b>	<b>Uttara Phalguni</b>		 <b>Iec</b>
 <b>Scyittc&amp;iw'</b>	 <b>Sccfyic</b>	 <b>libra</b>	 <b>Virgo</b>

As we look at the two nakshatras between zodiacal *vishuddha chakra* and *ajna chakra*, we will see that they act as the Cosmic Mother and the Cosmic Father, the Ultimate Goddess and the Ultimate God within us - the two opposites, which unite in third eye chakra.

On the border between the masculine sign of Gemini and the feminine sign of Cancer, there is Punarvasu nakshatra, whose deity is Aditi - the Cosmic Mother of gods. One of the only three nakshatras that are ruled by goddesses in zodiac. On the other side of the zodiac, between the feminine sign of Virgo and the masculine sign of Leo, there is Uttara Phalguni nakshatra ruled by Aryaman, one of the manifestations of the Sun god, who is considered the cosmic god of patronage - the Cosmic Father. The symbolism is very obvious here.

There is, however, one more beautiful symbolism behind it. Aditi, the goddess of Punarvasu nakshatra, is worshipped in the Vedas also as Bhu Devi, Mother Earth. Uttara Phalguni nakshatra, on the other hand, is a birth nakshatra of goddess Lakshmi. Bhu Devi and Lakshmi are the two wives of Narayana, His two *shaktis*, who are always present at His feet. One blesses us with material wealth (Bhu Devi), while another blesses us with spiritual wealth (Lakshmi). These two special nakshatras are present exactly on the borders between zodiacal throat chakras and zodiacal *ajna* chakras. Ajna chakra represents the Supreme Consciousness, Narayana within us - Bhu Devi and Lakshmi are present in the forms of Punarvasu nakshatra and Uttara Phalguni nakshatra right next to Him, at His feet.

### ***The ultimate gandanta point***

 <i>Pisces</i>	 <i>Aries</i>	 <i>Taqt-W</i>	 <i>Gemini</i>
 <i>Aquarius</i>	<i>gandanta</i>		 <i>CdICCi,</i>  <i>Ice</i>
 <i>Cfaicci-h</i>			
 <i>Sagittarius</i>	 <i>Scfyijc</i>	 <i>libra</i>	 <i>Virgo</i>

The ultimate *gandanta* point, the ultimate inner conflict between the two opposites, which needs to be solved on a spiritual journey, is exactly between the signs of Cancer and Leo, in the middle of the zodiacal third eye chakra, where two

opposites, masculine and feminine, finally merge, and where we are finally freed from all our cosmic burden, represented by Ashlesha and Magha nakshatra forming this last *gandanta* point. Here we learn the final balance between accepting and embracing things (Ashlesha) and detaching ourselves from them (Magha).

## **Evolving of consciousness**

Just by having the knowledge from this and the previous chapters, you can easily observe, how the consciousness of an individual is evolving in this lifetime, by looking in which chakras and in which "stressful" points the planets hold the karma of the person. By seeing whether the planet dwells in an upward or a downward cycle of the zodiac, you can also see, whether the person will evolve through Divine help (upward cycle, Ketu) or through his/her own effort (downward cycle, Rahu). It is also very interesting to analyse retrograde planets from that perspective. But I believe there are still far more mysteries to be solved and far more discoveries to be made on that topic.

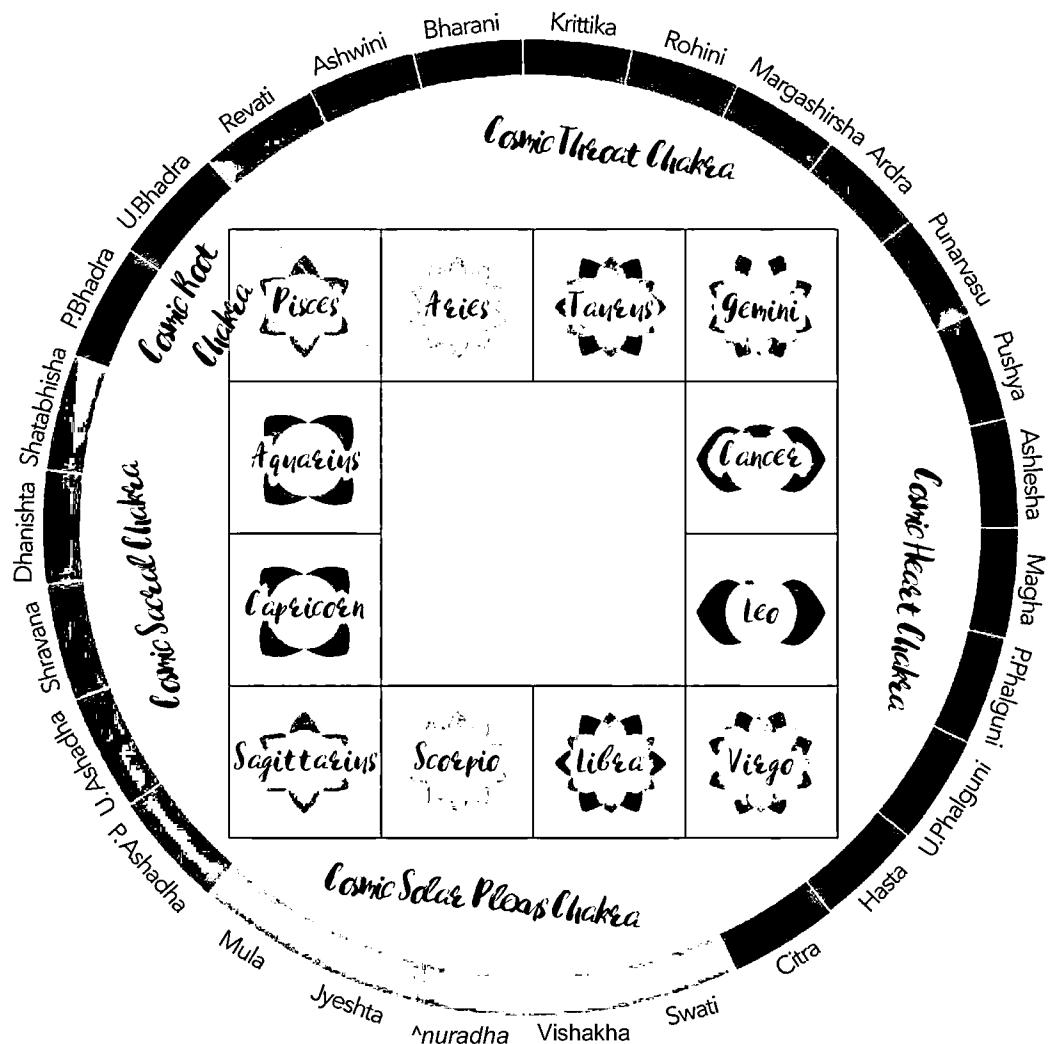
Now, when we already analysed the planets and their zodiac signs in relation to the chakras in our subtle bodies, let us unlock some even deeper wisdom: understanding the nakshatras and their connection to your subtle body.

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## Chapter 4

### Nakshatras: the Alphabet of the Soul

Nakshatras are 27 Vedic constellations working behind the zodiac, each having four portions, which gives us 108 unique sacred energies in total. Have a look at a picture below to get familiar with the names of those nakshatras and have a better understanding, which portions of the zodiac they occupy.



Any astrologer who ever tried to connect the exact nakshatras with exact chakras in the subtle body, noticed that the task is not so easy, as it may seem at first. I myself tried many systems, before the right inspiration came to me, but nothing seemed to really work. Only when I gave up on intellectual research and started to do a diligent nakshatra sadhana, by chanting the exact mantras of each

nakshatra on their respective days, this deep, esoteric wisdom, hidden from the world of astrology for so long, came to me on its own.

The secret was in the mantras, the cosmic sounds of consciousness.

## Cosmic manifestation through sound vibration

According to Vedic science, our whole universe is manifested from one primordial vibration: *orri*. This mother-vibration is what is setting the neutral matter into motion. It is like the glance of the Divine, which impregnates the reality with movement and causes the external manifestation to happen. Interestingly enough, *orri* is the only sound that can be produced without the involvement of the tongue. Even if your tongue would be cut off, you would still be able to chant *orri* - the sound of existence.

This primordial vibration, *orri*, splits in the world of matter into 50 different vibrations, 50 different frequencies, represented by 50 sounds of Sanskrit alphabet - or, as you will see, rather a 25 pairs of sounds, which are reflecting 25 pairs of the most important nerves in our spine. These 50 vibrations are represented in a symbolic way as inscribed on 50 petals of our chakras. In reality, these 50 petals do not only represent 50 nerves in our spine, but also 50 most important *nadis*, energy channels, connecting there in our subtle bodies. These sacred vibrations activate each of these energy channels, as well as the nerves connected to it.

You will notice the all the syllables of sacred Sanskrit alphabet end with the letter *rrī*. It is not a coincidence. This *rrī* means "within me". Ancient sages gave us a hint that all the 50 letters of Sanskrit alphabet resonate with 50 different energy channels within us. All those Divine frequencies are present inside of us.

All these frequencies in the form of Sanskrit letters are perfectly arranged in a sequence starting from the subtlest vibrations and ending in the densest ones, reflecting the descent of consciousness into the world. Interestingly, usually this is also the sequence in which we learn, as babies, to produce different sounds. Sanskrit alphabet starts with vowels (visible in the picture below on the petals of throat chakra), and then proceeds with consonants, which get their place in the alphabet according to the place where they are produced in the mouth, from the throat towards the lips. If you try to recite the mantras of Sanskrit alphabet (you can see them below, inscribed in the petals of the chakras - the beginning is in the throat chakra), one by one, you will notice, how beautifully they are arranged. They start in the throat (how symbolic!) and end in lips.

Vedic seers knew, how powerful is human tongue and thus created their language in the most harmonious way. It is even proven scientifically that chanting Vedic mantras puts pressure on tongue, vocal chords, lips, palate and other

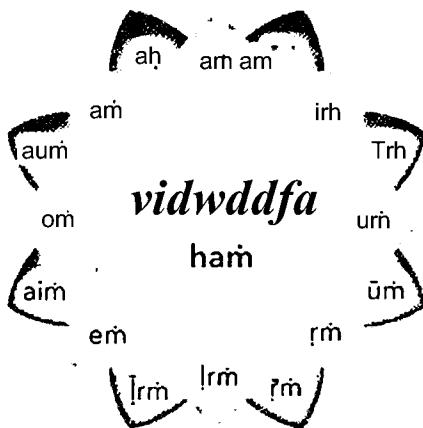
connecting points in the body, activating them differently, according to the sounds produced. Indeed, ancient sages recognised a powerful energy channel within our subtle body, which is deeply connected with our tongue. Very few people know, that along the *sushumna*, the main *nadi* in our subtle body, there is one more important energy channel called *sarasvati nadi*. This energy channel starts with *sushumna* at the base of our spine, in root chakra, and it ends in tongue. Certain yogic techniques, like *khechari mudra* taught in Atma Kriya Yoga, utilise the power of this energy channel for spiritual development.

It is interesting to note, that right after the heart, the very first organ fully formed from an embryo, the tongue is what emerges. Literally, the tongue grows from the heart of the baby in a prenatal phase, which also reveals a deep, primordial connection between our tongues and our hearts.

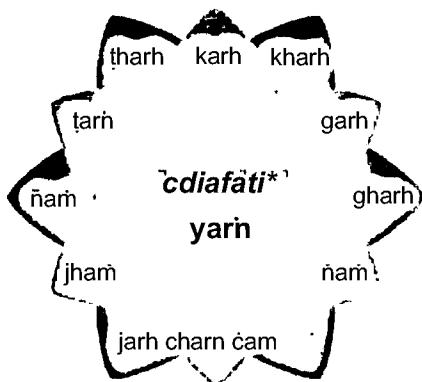
On the picture below you will see that each chakra has its core mantra in the middle, as well as some of the 50 vibrations inscribed on its respective petals. Although the core mantras do not follow any exact pattern, you will notice a very astonishing pattern visible through the mantras inscribed on the petals of the chakras: they follow the exact sequence of the letters of Sanskrit alphabet, and each of them is connected to one nakshatra. How wondrous it is, that the sequence in which nakshatras appear in the sky and the sequence of Sanskrit alphabet perfectly reflect the way these mantras are inscribed within 50 petals of our chakras! Understanding and studying this connection is quite literally like breaking the code of life itself.



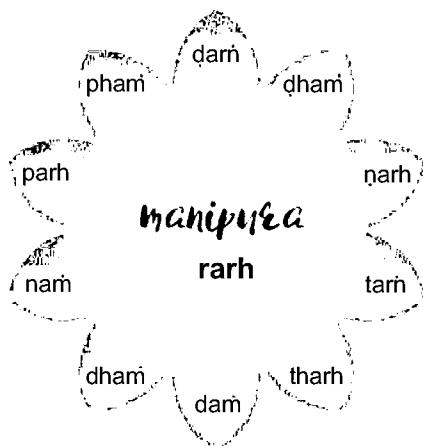
Mantra	Nakshatra	Planet
harti	Uttara Bhadrapada	Saturn
k\$am	Revati	Mercury



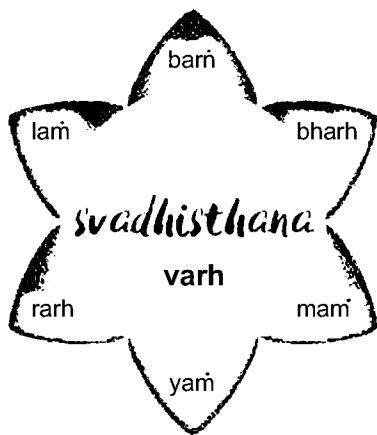
Mantra	Nakshatra	Planet
am, ah	Revati	Mercury
arh, âm	Ashvini	Ketu
irh, irh	Bharani	Venus
urn, ûrn	Krittika	Sun
frit, frh, lrm, lrm	Rohini	Moon
erh	Margashirsha	Mars
aim	Ardra	Rahu
om. aum	Punarvasu	Jupiter



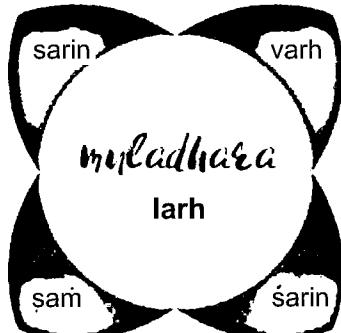
Mantra	Nakshatra	Planet
kam	Pushya	Saturn
kharp, gam	Ashlesha	Mercury
gham, ham	Magha	Ketu
cam	Purva Phalguni	Venus
chart!	Uttara Phalguni	Sun
jam, jham, ñam	Hasta	Moon
tarh, th am	Citra	Mars



Mantra	Nakshatra	Planet
darn	Svati	Rahu
dham, narh	Vishaka	Jupiter
tarn, tharh, darn	Anu rad ha	Saturn
dharn	Jyeshta	Mercury
nam, pam, pham	Mula	Ketu



Mantra	Nakshatra	Planet
bam	Purva Ashadha	Venus
bham	Uttara Ashadha	Sun
mam	Shravana	Moon
yam, ram	Dhanishta	Mars
larh	Shatabhisha	Rahu



Mantra	Nakshatra	Planet
vam, śarn	Purva Bhadrapada	Jupiter
sam, sam	Uttara Bhadrapada	Saturn

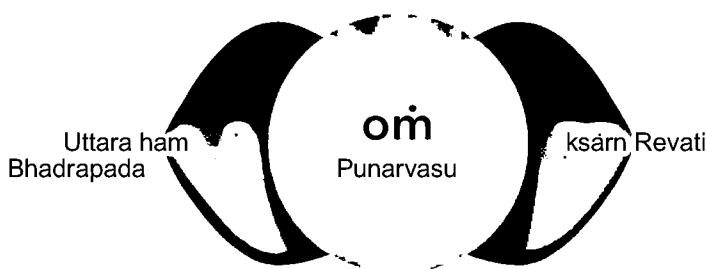
## The language of the Soul

Similarly, like each of the sounds of Cosmic Alphabet is assigned to each petal of our chakras, each of these sounds is also assigned to one nakshatra. It was quite ground-breaking for me to discover that the pattern, in which the exact sounds of Sanskrit alphabet are appearing on the petals of the chakras, is exactly the same as the pattern in which they appear in the nakshatras in the sky. In reality the nakshatras are forming the Cosmic Chakras working behind the zodiac, through which their true meaning could be understood on a much deeper level.

I have tested this knowledge on countless examples already, and it doesn't cease to astonish me. Each time I look at it, I discover something new. I invite you to take this knowledge, study it carefully and test it. Start to observe the person's natal chart from the perspective of Cosmic Chakras. You might be amazed with the results.

Let us go once again on the journey through our chakras and understand our inner universe on an even deeper level.

### Cosmic Third Eye Chakra



The core mantra of third eye chakra is *orri*, the primordial vibration, which reverberates through the entire universe and sets the atoms into motion in a cosmic dance of creation, maintenance and destruction. Three letters of the sound *aurri* (pronounced as *orri*) stand for Brahma, the Creator (a), Vishnu, the Protector (u) and Shiva, the Destroyer (m). Chanting of this sacred syllable literally connects our individual consciousness with the Cosmic Consciousness, and harmonises the eternal cycle of creation, maintenance and destruction within our own subtle bodies.

In many yogic techniques and *kriyas*, such as Atma Kriya Yoga, the vibration of the sound *orri* is utilised for the spiritual development, purification of the chakras and upliftment of consciousness. The main *kriya* in Atma Kriya Yoga system reflects the movements of the Sun through zodiacal chakras in the sky and purifies them with the power of the sound *orri* by a specific yogic technique.

The frequency of mantra *orri* was connected by Vedic seers with the frequency of Punarvasu nakshatra, which gives this lunar mansion a very dignified position among other nakshatras. Punarvasu nakshatra in Vedic astrology is reflecting the qualities of goddess Aditi, the Cosmic Mother of gods, who created our whole universe through countless patterns in nature. It is very important to note that Punarvasu, along with Mula and Purvashadha, are the only three nakshatras in zodiac, which are ruled by goddesses, not gods. Aditi is addressed in Vedas also as Bhudevi, Mother Earth, which directly connects her with the cosmic force of gravity. It has a very powerful meaning in the light of *kriya yoga*.

As we were observing in the previous chapter the movements of the Sun through zodiacal chakras, reflecting the movements of our consciousness within our subtle bodies, we came to the conclusion, that the Sun is quite literally performing *kriya yoga* in the sky, by moving from one zodiacal chakra to another. Metaphorically, it is exactly like that and this is how it looks from the earthly perspective of our planet. But in reality, from the perspective of the universe, it is the Earth itself that is circling around the Sun, not the opposite. Earth itself is circumambulating the Sun, Higher Consciousness, and thus performing the Cosmic Kriya in our solar system - and she takes each of us with herself on that sacred journey of soul's evolution. As the energy of Mother Earth, Aditi, is reflected in Punarvasu nakshatra, it becomes very logical, that the very same nakshatra has so high dignity in the Vedic astrology, that the highest mantra of all was assigned to it by Vedic seers: *orri*. The very same mantra that is "chanted" by our Sun during its kriya on our sky.

Punarvasu nakshatra represents our soul's evolution from earthly consciousness to Divine consciousness, as well as the manifestation of the Divine consciousness on earthly plane. This eternal cosmic cycle always goes both ways. Even the *shakti* of Punarvasu nakshatra is *vasutva prapanna sakti* - "the power to gain substance, to become manifested" or translated in different manner "the power to gain the supreme wealth, which is the Supreme Spirit".

Punarvasu nakshatra literally symbolises our consciousness' ability to ascend to the spiritual realm and to descend to the mundane world. It is when Sun enters this nakshatra that Dakshinayana starts, the downward cycle through zodiacal chakras. Here the consciousness reaches zodiacal ajna chakra and starts to go downwards.

Through the primordial sound of *orri*, through Punarvasu nakshatra the Divine consciousness descends into the world to express itself. Although *orri* is the core mantra of *ajna chakra*, you will notice, that it descends also to *vishuddha chakra*, the chakra of our soul's expression into the world. You can see the mantra *orri* one of the petals of Cosmic Throat Chakra. Punarvasu is also the last nakshatra out of

eight, which are forming the Cosmic Throat Chakra.

It is also very interesting to mention that both *manasa nakshatra* and *karma nakshatra* of Punarvasu nakshatra are the nakshatras ruled by Agni, the cosmic god of fire. The very same nakshatras, mentioned in the previous chapter, which dwell on the borders between zodiacal *manipura chakra* and zodiacal *anahata chakra*: Krittika and Vishakha - both of them being lunar mansions related to creativity and the ideas gaining a real substance in the material world. This makes Punarvasu nakshatra also a nakshatra of materialisation and creativity. And it couldn't be more accurate. There are specific yogic techniques, which utilise the power of the sound *om*, to create for us a powerful wave of vibrations and thus manifest in the outer world any intention that we have in mind.

One example of such a technique is OM Chanting, which is a part of Atma Kriya Yoga, and the only group technique within Atma Kriya Yoga system. OM Chanting utilises the power of intention and the sacred vibration *om* to materialise healing in the body of participants, as well as fulfilling other intentions, which the participants may have in mind. There are already countless testimonies from all around the world about people getting healed even from the diseases considered incurable from the point of view of Western medicine, just with the power of *om* during an OM Chanting session. (For more information about OM Chanting go the last chapter of this book.) Through the sound *om* we can literally create our own reality and bring all our inner dissonances into the state of harmony.

As Punarvasu is the nakshatra of Jupiter, the Guru, the Cosmic Teacher, the enlightening mantra *om* is indeed the best one to describe the qualities of this asterism. After all, the spiritual enlightenment, that can be experienced in this chakra, cannot be given by anybody else but a true, self-realised Guru, who has already walked this way before us.

On the two petals of *ajna chakra* there are mantras *ham* and *kṣarri*. *Ham* is the mantra of Saturn's nakshatra Uttara Bhadrapada, while *kṣam* is the mantra of Mercury's nakshatra Revati. Uttara Bhadrapada and Revati are two last nakshatras of the zodiac, which symbolise the ultimate goal of every journey, the spiritual return to the Source. This is why Venus, the planet of our heart's true desire is exalted here - as the only true desire of the Soul is to meet with its Beloved, the Cosmic Spirit. The deity of Revati nakshatra, where Venus is at its highest exaltation point, is Pushan, the Divine Shepherd, who guides all that are lost or on the way towards their final goal. Ultimately, it is through *ajna chakra* that we receive the true Divine guidance and enlightenment.

Mercury, however, the planet that represents our intellect, is debilitated in those nakshatras, especially in Revati. The intellect can never comprehend the Infinite, and this is the place, where it needs to give up.

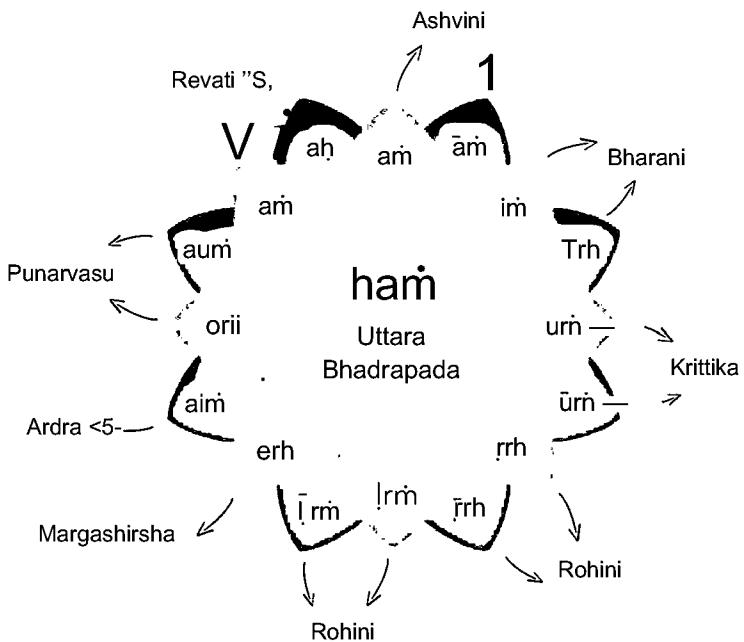
The mantras of those two nakshatras, which are present on the two petals of *ajna chakra*, also tell us a lot about the nature of these nakshatras and third eye chakra itself. Ha, the word derived from the mantra *hami* (the mantra of Uttara Bhadrapada nakshatra) meant in ancient Sanskrit “Supreme Spirit”, “Vishnu”, “sky”, “heavens”, “meditation”, “knowledge” - whilst *ksha*, derived from mantra *kṣarri* (the mantra of Revati nakshatra) meant “ground”, “earth”, “patience”, “enduring”, “forgiving”. Ajna chakra is thus an ultimate meeting place of metaphoric heaven and earth - the Supreme Consciousness with individual consciousness. This reveals the deep esoteric connection between our *muladhara chakra* and third eye chakra.

Interestingly enough, both words, *ksha* and ha mean “destruction” as well. *Ajna chakra* is the ultimate seat of consciousness, where all illusions are finally destroyed and where we start to truly perceive the reality beyond this, what only physical eyes can see - hence it is called “third eye” chakra. It is here, in *ajna chakra*, where Shiva, the Cosmic Destroyer, dwells, to free us from all our illusions and misconceptions and to purify our consciousness from all impurities.

In the greater Cosmic Cycle there seems to be an ultimate beginning and end present in *ajna chakra*, the alpha and omega, as it is here, where a nakshatra from Cosmic Root Chakra is present (Uttara Bhadrapada), as well as one nakshatra from Cosmic Throat Chakra (Revati). When the pure consciousness in the form of *orri* vibration descends from *sahasrara* into the *ajna chakra*, it proceeds to evolve through *vishuddha*, *anahata*, *manipura* and *svadhishtana*, until it reaches *muladhara chakra* - and then, from *muladhara* it returns back to *ajna*, to start the whole cycle all over again, so the Cosmic Cycle can be complete. Ajna chakra is thus the chakra of the final goal of life.

From *ajna chakra* the cosmic sound *orri* descends to the throat chakra and continues to evolve there.

## **Cosmic Throat Chakra**



Throat chakra is the place, in which the unmanifested cosmic consciousness becomes manifested in its purest form: in the form of ether element. You can notice now, that almost the mantras of *vishuddha chakra* (except the mantras of Rohini nakshatra, the only fixed nakshatra within the Cosmic Throat Chakra range) are vowels, the sounds of consciousness. Vowels are the consciousness and the *shakti* of every language. When the consonant is conjoined with a vowel, it reverberates through the ether, space and creates a powerful vibration. On the other hand, when a consonant is not followed by a vowel, like in the word “*punarvasu*” the letter “r” is not conjoined with any vowel, the power of such a consonant will be dormant and it will stay unmanifested.

Vowels are also the very first sounds that we learn to make as babies. They are our first expression in the world. Sound itself is our first expression in the world, when we take our very first breath. Similarly, you will notice, that all the nakshatras related to the mantras of *vishuddha chakra* have some quality of innocence, childishness, curiosity and naivety within themselves. The nakshatras of Cosmic Throat Chakra start from Revati and end in Punarvasu, making the throat chakra very strongly connected to *ajna chakra*, the seat of consciousness. This is one of the reasons why Sun and Moon, the planets connected to third eye chakra, are exalted in the range of Cosmic Throat Chakra. Consciousness and personality find their expression here. Saturn, however, the planet of *muladhara chakra*, is debilitated here, in the invisible, ethereal dominion of throat chakra.

The nakshatras of all planets, except Saturn, are present in Cosmic Throat Chakra. Yet, the mantra of Saturn's nakshatra Uttara Bhadrapada (again, the mantra from Cosmic Third Eye Chakra) is present in the throat chakra as the core mantra: *hami*. In this way the throat chakra, the chakra of our Self's expression in the world, combines the energies of all nine planets.

Interestingly, first four nakshatras of Cosmic Throat Chakra, Revati, Ashvini, Bharani and Krittika, are related to endings and transformation. Revati is the nakshatra of finishing the journey and reaching our destination. Ashvini, nakshatra of Ketu, is related to all endings in life. Bharani is the nakshatra of Yamaraj, god of death. Krittika, as the nakshatra of Agni, is related to burning, transformation, destruction and rebuilding.

Last four nakshatras of Cosmic Throat Chakra, on the other hand, Rohini, Margashirsha, Ardra and Punarvasu, are related to going on journey, growing, curiosity, creative self-expression, seeking higher goals in life. Rohini is all about growth and seeking higher meaning in life. Margashirsha is about going on a journey and search for fulfilment. Ardra is about expressing our individuality into the world. Punarvasu is about Divine creativity and bringing the Divine inspiration into the world.

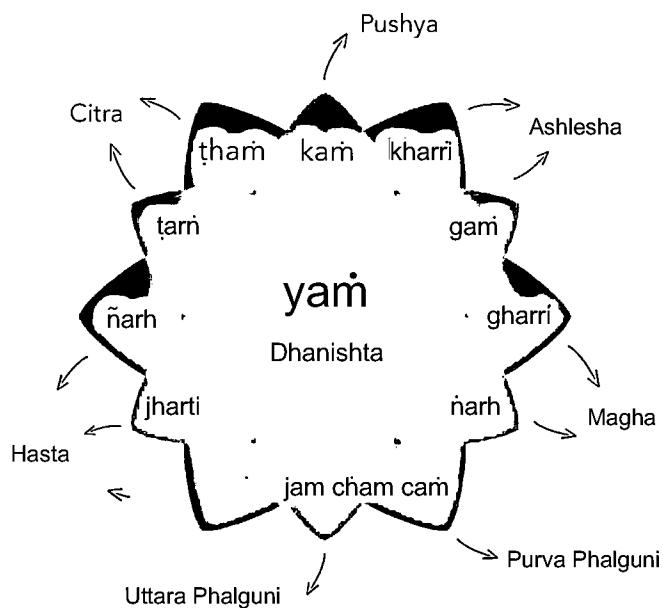
There is also a beautiful symbolism behind the mantras of *vishuddha chakra*. As the cycle starts with the nakshatras Revati and Ashwini, which have *aḥ* and *amī* as their mantras, together they create a word *aham*, which means in Sanskrit "I am". It is here, in *vishuddha chakra*, that consciousness wants to express its individuality to the outer world. Indeed, all the nakshatras residing in the Cosmic Throat Chakra have a strong quality of independence.

Yet this *aham*, this "I am", can also result with false identification with the self's outer expression, namely, the ego - *ahamkara* in Sanskrit. Being so, the journey through the nakshatras of Cosmic Throat Chakra starts with *aham*, "I am" mantra, and it ends in Punarvasu nakshatra and the mantra *orri* - the all-embracing mantra through which the soul rediscovers its eternal connection with the Divine, and allows its individual consciousness to merge again with Cosmic Consciousness. Thus the journey within *vishuddha chakra* is the journey from *ahamkara* (ego) to *omkara* (Cosmic Consciousness). It is here, where Cosmic Consciousness becomes an individual self, and where individual self can return to its original state of Cosmic Consciousness, as well.

Interesting thing is that the nakshatra, which is located just before Punarvasu, is Ardra - Betelgeuse, the star of individuality. Even the mantra of this nakshatra is *aimī*, which is pronounced as English "I'm". Ardra nakshatra was considered by Vedic seers the direction in our galaxy, from which our souls come from to incar-

nate on Earth - the direction, from which the Spirit was entering our material plane to manifest as an individual self. In many other cultures we will find a similar symbolism about Orion constellation, to which Ardra nakshatra belongs. At the same time, the deity of this nakshatra is Rudra, Vedic god of storms and destruction. It is here, where our individuality is born, but it is also here, where Cosmic Shiva puts an end to it, so that "I am" can be purified into *orri* in Punarvasu nakshatra. At this point we can conclude that *vishuddha chakra* is the place, where our individual self is purified, so it can return to its original state of Oneness. This is what truly makes this chakra "a great purifier": *vishuddha*.

## Cosmic Heart Chakra



Cosmic Heart Chakra is where the mantras with consonants start - where pure Spirit gets slowly condensed into the world of four lower elements, starting with the element of air in *anahata chakra*.

It is very symbolic that the mantras of *anahata chakra* start with *karri* - the desire mantra. Our heart chakra is indeed the seat of all our desires, which are mere reflections of our soul's primordial desire to experience its Cosmic Beloved. Interesting thing is that "ka" is very often the first syllable that we learn to pronounce as babies.

Pushya nakshatra, ruled by Saturn, from which the Cosmic Heart Chakra range starts, is right after Punarvasu, the nakshatra from Cosmic Throat Chakra

range. In Punarvasu the consciousness is in a transition from unmanifested into manifested, while in Pushya nakshatra, where the first vowel of Sanskrit alphabet *karri* (the desire mantra) is expressed, the Spirit already gets its form. It is here, where, the Cosmic Desire (*kam*) gets its form in the outer reality (Saturn). Not without a reason the cosmic power of this nakshatra is *brāhma varcasa śakti* - "the power to reflect the qualities of God". It is here, where creation happens in its purest form, reflecting the qualities of the Divine Creator within us.

If you observe all the nakshatras present in the Cosmic Heart Chakra, you will notice that the core lessons behind all of them are related to love, desire, attachment, pleasure, creativity and creative self-expression. Pushya is our heart seeking love and nourishment. Ashlesha is our heart seeking emotional security and attachment. Magha is our heart seeking recognition and honour. Purva Phalguni is our heart seeking creativity and pleasure. Uttara Phalguni is our heart seeking taking care of others. Hasta is our heart seeking giving and receiving. Chitra is our heart seeking beauty and abundance.

Pushya represents our heart's most spiritual values, while Chitra is the most materialistic of all. This reveals to us the descent of consciousness through the Cosmic Heart Chakra, heading towards Cosmic Solar Plexus Chakra.

The nakshatras present in the Cosmic Heart Chakra represent our heart's truest and deepest desires that we seek in this world. Yet, all those nakshatras are present in zodiacal third eye and throat chakras. This reveals to us, that in reality, all those desires that we seek in the outer world, we can find only within ourselves, through the contact with our Higher Self, symbolised by the higher chakras. This is the main lesson that we learn on the level of heart chakra.

Interesting thing is that the core mantra of heart chakra is: *yam*. It is not only the mantra of Dhanishta nakshatra, the nakshatra representing the awakening of *kundalini shakti* in *muladhara chakra*, but it is also the mantra of restraint. Yama, whose name is derived from the mantra *yam* is not only the Vedic god of death, but his name means also "restraint" and "self-control". Interestingly enough, in Vedic astrology Yama is the god of nakshatra Bharani, also ruled by Venus. It reveals to us that whenever the energy of Venus, the heart and its desires, is very strong, there is also a need for restraint and self-control. Ultimately, whenever a planet would reside in one of the nakshatras of Venus or within the range of Cosmic Heart Chakra, it shows that there is a specific karma related to heart and its desires that needs to be purified. Restraint and self-control are the most powerful purifiers for the desire and attachment.

Another interesting thing is that Venus is debilitated within the range of Cosmic Heart Chakra. Venus is not satisfied with any qualities that are lower than its primordial yearning for Cosmic Beloved, and thus all the mundane desires of heart

chakra are only binding it more to the world of attachment, taking it more far away from its true goal. Looking at it from another angle, in zodiac, Venus is debilitated on the “half way” of the zodiac, in the sign of Virgo. It is also here, in the heart chakra, where our *ida* and *pingala*, the feminine and the masculine within us meet on the half way, before their destination point and final merging in the third eye chakra, the chakra of unity. Here Venus is forced to experience Love through the perishable world of duality, with all its temporary desires and attachments, which only bind it and don't allow our hearts to express their true potential of Divine, all-encompassing Love, that our souls yearn to express.

Jupiter, the lord of the sacral chakra, is, however, exalted here. Its nourishing energy can flourish in the realm of heart chakra and its expansive qualities of optimism, faith and belief in the Higher Consciousness are uplifting for the heart chakra, too.

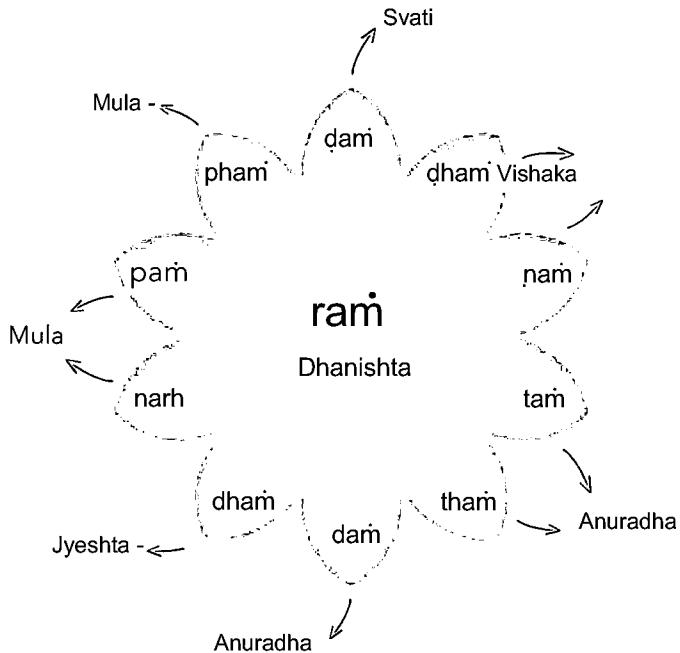
Mars, the lord of *manipura chakra*, is debilitated in the realm of Cosmic Heart Chakra. Here his power to take action is dominated by emotions, attachments and needs for security and comfort, present in the heart chakra. After all, heart chakra is the region of air element - the place, where fire has already extinguished and turned into something more subtle.

Mercury, on the other hand is exalted in the range of Cosmic Heart Chakra, in zodiacal *vishuddha chakra*. Here the intellect is purified by the power of the heart, and it starts to look towards the infinite, which is symbolised by Mercury casting his aspect on the sign of Pisces from his exaltation place.

As you may remember, Chitra nakshatra, the last one in the cycle of Cosmic Heart Chakra, is also the nakshatra on the border of zodiacal *vishuddha* and *anahata* (Virgo and Libra) in the downward cycle, along with Margashirsha, another nakshatra of Mars, on the other side of the zodiac (Taurus and Gemini) in the upward cycle. Margashirsha from Cosmic Throat Chakra and Chitra from Cosmic Heart Chakra reflect a very similar energy, but with slightly different quality. Margashirsha is the seeking nakshatra, which firstly is seeking fulfilment in the jungle of material world, but not finding its satisfaction there, it turns towards a higher, spiritual search. Chitra, on the other hand, is where our soul forgets about its sacred treasure inside (symbolised by the pearl: the symbol of this nakshatra), infatuated by the illusory beauty of the outer world, and starts to look for fulfilment in the outside. But, similarly like Margashirsha, it cannot find it in the outside, as its main lesson is to start looking for beauty, harmony and fulfilment within one's own heart.

Chitra nakshatra is the place where the consciousness of heart chakra turns into the consciousness of solar plexus chakra.

## Cosmic Solar Plexus Chakra



Cosmic Solar Plexus Chakra consists of the most intense, passionate, chaotic and transformative nakshatras. That is why both Sun and Moon, which represent our personality and consciousness, are debilitated in this range: Sun in Libra, Moon in Scorpio. It is here, where personality and consciousness are transformed: sometimes for the better, sometimes for the worse. A part of us dies here and a new part of us is born.

Saturn, however, is exalted in this range of the zodiac. Here Saturn's transformational power to confront us with the truth and reality gets its full manifestation. Here, in Cosmic Solar Plexus Chakra, where selfishness and ego can often prevail, Saturn takes the biggest pleasure to teach us some humility, and thus truly transforms us in the fire of wisdom.

All the nakshatras present in Cosmic Solar Plexus Chakra have this intensity of fire element. In Swati the fire is enhanced by the air element (its presiding deity is Vayu, the wind god) and the need for freedom and independence, which can make our inner flames chaotic. In Vishakha, the nakshatra of Agni himself, the fire is enhanced by ego's need for fame and abundance. In Anuradha the fiery quality of passion and dedication awakens. In Jyeshta the inner fire is manifested as power, authority and our ability to fight, as well as us our strive for perfection. In Mula the fire's true transformational and destructive power is manifested, which finishes all

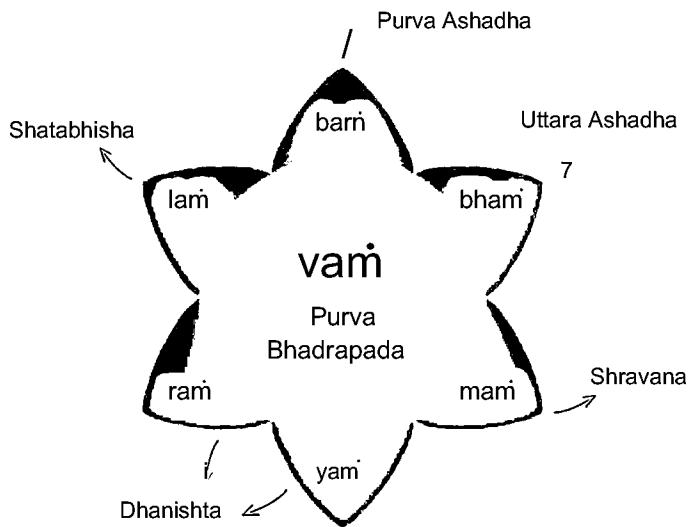
that is old and out-dated within us. Even if you look at the mantras of these nakshatras, such as *tarri*, *tharri*, *dam*, they are strong, rhythmical, reverberating with power.

The core mantra of solar plexus chakra is *rani*, the mantra of Dhanishta nakshatra, in which Mars is exalted in the zodiac. Rama means “splendid”, “beautiful”, “delightful”, “pleasing”, as well as “opulence” and “fortune”, which are the main motivations on the level of *manipura chakra*. Rama was also one of the avatars of Vishnu, who showed through his own example, how the fighting ability, power, authority, individuality, strive for perfection and independence of *manipura chakra* can be manifested in the most Divine way in a human. It is not a coincidence that His name is the same as the core mantra for healing this chakra.

It is also interesting to notice, that as much as the last nakshatra from Cosmic Heart Chakra range, Chitra, has some qualities of *manipura chakra*, similarly, Swati, the first nakshatra of Cosmic Solar Plexus Chakra range, has some qualities (air element) of *anahata chakra*. As the consciousness descends smoothly from *ajna chakra* to *vishuddha chakra*, and from *vishuddha chakra* to *anahata chakra*, so it descends smoothly from *anahata chakra* to *manipura chakra*.

It teaches us a lot about the nature of chakras, actually. Chakras are in reality not a totally separate energy centres with totally different frequencies, but they are rather ranges of frequencies, which simply indicate different density of manifestation of consciousness into the world. All of them work in one harmonious cycle. Only when our chakras are out of balance, then a huge dissonance between their frequencies can be experienced. But in their original state, they smoothly work together. This state of inner harmony is what we are experiencing in such meditation practices like Atma Kriya Yoga.

## Cosmic Sacral Chakra



Cosmic Sacral Chakra consists of the nakshatras deeply related to the element of water. This cycle starts with Purvashadha nakshatra, which is ruled by the feminine deity Apas, the goddess of cosmic waters and purification, and ends with Shatabhisha nakshatra, which has as its presiding deity Varuna, the god of underwater world and cosmic order.

As water element is the source of life on Earth, so the Divine Laws are sustaining the cosmic balance, so the life can harmoniously continue to grow. All the nakshatras within the range of Cosmic Sacral Chakra are deeply connected with *dharma*, the cosmic law, and *karma*, the law of cause and effect, both of them regulating the cosmic balance and protecting the harmonious cycle of life.

Cosmic Sacral Chakra, being the seat of the element of water, brings the opportunity for purification. In Purvashadha nakshatra the soul can get purified of its karma by the power of repentance and self-control. In Uttarashadha nakshatra the soul is getting purified by the power of selfless action. In Shravana the purification happens through humility, introspection, listening and patience. In Dhanishta purification happens through righteous action and awakening of consciousness. In Shatabhisha purification happens through the healing power of forgiveness.

One message underlying all those nakshatras is: let go and go with the flow. Here, in Cosmic Sacral Chakra, the true flow in life can be experienced.

Similarly like Venus is debilitated in its own chakra, Jupiter is also debilitated in Cosmic Sacral Chakra. Here our belief system, symbolised by Jupiter, is put to test and our karma is returned, which can be sometimes discouraging for our faith (the

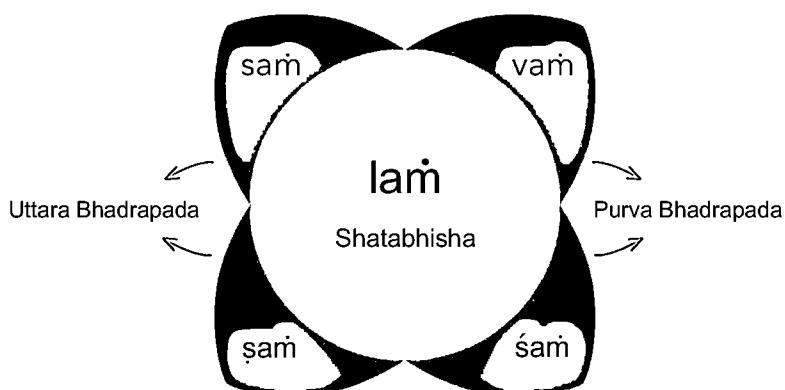
quality of Jupiter) and optimism.

Mars, however, is surprisingly exalted here. How can the planet of fire be exalted in the cosmic chakra of water? Interestingly enough, even the core mantra of *manipura chakra* is the mantra from the vibratory range of *svadhishtana chakra*. The element of water is cooling the fire and stabilises it. Besides that, the ultimate motivation of fire is transformation. Transformation happens, when an entity changes its state and becomes something new. Fire is thus paradoxically exalted in the cosmic chakra of water, when it is becoming something new and totally different.

There is, however, even deeper, esoteric meaning to that. The element of water is also greatly related to our sphere of spiritual practice and our spiritual growth. Even in *Vastu* the place in the living space, which is ruled by water element, is the best place for meditation. Mars, after performing all the actions in the outer world, is exalted here, in the Cosmic Sacral Chakra, in the nakshatra of Dhanishta, which symbolises awakening of consciousness (awakening of *kundalini shakti* in *muladhara chakra*), where it can finally perform the most perfect inner action of rising towards the Divine.

The core mantra of sacral chakra is *varri*, the mantra of Purva Bhadrapada nakshatra from the range of Cosmic Root Chakra. This nakshatra, being the nakshatra of Jupiter, is the most intense nakshatra within the zodiac symbolising the awakening of *kundalini shakti*. This is also the most fiery of all the nakshatras. Mantra *varri* is bringing the fiery quality of focus, awakening and transformation into the waters of sacral chakra, so the meditation doesn't turn into lethargy, but instead truly raises our consciousness and awakens it.

## Cosmic Root Chakra



Cosmic Root Chakra consists of only two nakshatras: Purva Bhadrapada and Uttara Bhadrapada. As at the base of *muladhara chakra* rests our dormant *kundalini shakti*, it is not strange that these two sister nakshatras are strongly connected to this powerful spiritual force within us. Both of these nakshatras have as their presiding deities the two different forms of Rudra, Shiva - both in the form of sacred snakes: Aja Ekapada (Purva Bhadrapada) and Ahir Budhnya (Uttara Bhadrapada). Both representing the opposite forces present in our *muladhara chakra*, the masculine (Purva Bhadrapada) and the feminine (Uttara Bhadrapada). One being a forceful power of spiritual awakening, another being the stabilising and grounding factor within us - both absolutely necessary in the process of spiritual development.

Purva Bhadrapada, the fiery nakshatra of Jupiter, Cosmic Teacher, represents the powerful transformative force of our *kundalini shakti* awakening at the base of our subtle spine, *sushumna*. Not without a reason a symbol of this nakshatra is a pillar. This pillar is nothing else but our subtle *sushumna nadi*, through which our *kundalini shakti* is rising, when our consciousness awakens. Being a nakshatra of Jupiter, Purva Bhadrapada teaches us that this powerful process should always happen under the guidance of a true Guru, a true self-realised master, like it happens in the process of Atma Kriya Yoga. Otherwise this powerful energy can get out of control too easily and become chaotic, bringing to the surface of our consciousness more energies that we are able to deal with at the moment.

Purva Bhadrapada is also a nakshatra of cosmic unity. A pillar represents spiritual *axis mundi*, the one spiritual basis of the manifested world. As the deity of this nakshatra is Aja Ekapad, one-footed serpent, it is a metaphor of one spiritual root, which everybody is coming from, and which everybody needs to rediscover at one point in life. This one-footed *rudra*, is sometimes said to be Shiva Nataraj himself, the dancing Shiva, who is standing on one leg in his dancing pose. When Shiva is dancing, the cosmic cycle of destruction happens. Similarly, when our consciousness and *kundalini shakti* awaken in the process of scientific meditation (represented by Shiva), the destruction of the structures of our ego happens.

Uttara Bhadrapada nakshatra is a stabilising force for this electric current of spiritual energy awakening at the bottom of our spine. This nakshatra of Saturn is all about finding stability, establishing strong foundation and being grounded. The deity of this nakshatra is Ahir Budhnya, who is none different than Ananta Shesha himself, the cosmic serpent, who serves as the bed for god of cosmic maintenance, Vishnu, laying on the ocean of all causes. "Ahir Budhnya" literally means "the one, who carries the burden of the universe". It is said that countless universes are lying on the heads of Ananta Shesha and he mercifully provides them support, while he has no support on his own. Uttara Bhadrapada represents thus such qualities of our *muladhara chakra* as stability, dedication, self-sacrifice, grounding,

selflessness, service, responsibility and loyalty - the most Divine qualities of Saturn, the planet related to that chakra.

Uttara Bhadrapada nakshatra represents also the need to "lower" ourselves and deal with the problems and challenges of material world. That is why whenever a person has some planets in this nakshatra (which denotes some karma related to the issues of this nakshatra, stored in the *muladhara chakra*), one will often feel overburdened by the world and the problems of this world. Yet, while facing these problems, such a person will learn to be more humble and grounded in this lifetime, as well as more strong. Initially such a person won't receive much help from the world, but eventually, when the person will surrender wholeheartedly to his/her duties, like Ananta Shesha does, the Divine will send them help from above. Uttara Bhadrapada is all about accepting our duties, the burden of the world and the reality exactly the way it is.

Purva Bhadrapada nakshatra and Uttara Bhadrapada nakshatra are the two forces that always go together. One pushes us forward on the path of spiritual development, while the other stabilises us on our path and keeps us humble. They represent the two feet that we are standing on, which reminds us about our connection to the Earth and earth element. If any of these two nakshatras gets out of balance, the other is misbalanced immediately, as they are like two sides of the same coin. If we would compare Purva Bhadrapada to electric current of spiritual energy within us, Uttara Bhadrapada could be compared to magnetic field, or even gravity itself, which stabilises this awakening of cosmic energy within us.

The core mantra of root chakra is *lam*, the sacred mantra of Shatabhisha nakshatra, which is the last nakshatra in Cosmic Sacral Chakra range. As the core mantra of sacral chakra is derived from the range of frequencies found in the root chakra, so the core mantra for root chakra is derived from the range of frequencies of sacral chakra, revealing the deep connection between those two.

The deity of Shatabhisha, Varuna, the god of cosmic order, reflects the qualities of root chakra. Varuna shows the need to bring balance and righteousness into the world. Yet, at the same time he is also the god of all our karma. The noose in his hand represents the karma that we accumulated through many lifetimes, which will return to us sooner or later. His message is: "You reap what you sow". This message is deeply connected with Saturn and his energy reflected in our *muladhara chakra*.

It is also very important to note, that Shatabhisha is a nakshatra of Rahu. Rahu is this factor that is pushing us to go beyond our boundaries, beyond the density of earth element present in *muladhara chakra*, so our consciousness can awaken and see something beyond the world of matter. Mantra *lam* is this awakening factor for our consciousness. Yet, the motivation of Shatabhisha is not to awake our con-

sciousness, so we may run away from the world, but it rather encourages us to see the wholeness of the Spirit in the world around us, and to bring the Divine insights and ideas into the world of matter, for the benefit of all. It is all about healing and uplifting the humanity, about making things whole and complete again. Not without a reason a symbol of this nakshatra is an empty circle. It is about bringing the world of spirituality and the world of materialism together, and living in the field of spiritual unity.

Interesting thing to notice is that both Cosmic Third Eye Chakra and Cosmic Root Chakra consist mainly of the nakshatras of Jupiter and Saturn. Cosmic Third Eye Chakra is combined of the energies of Jupiter, Saturn and Mercury, while Cosmic Root Chakra is combined of the energies of Jupiter, Saturn and Rahu - the awakening factor of going beyond our boundaries. Here, in Cosmic Root Chakra, the cycle of creation completes, and it returns back to its source in the Spirit, Cosmic Third Eye Chakra, where the cycle becomes truly complete with the two last nakshatras of the zodiac: Uttara Bhadrapada and Revati.

## **Completeness of Cosmic Cycle**

The knowledge within this chapter is very sacred and it allows us to dig much deeper into the significance of the nakshatras, their true meaning and the energies that they truly represent in our subtle body, making a real connection between the macrocosm and the microcosm. The more I study this beautiful cosmic cycle, the more I learn about it, the more humbled I feel by the Divine genius of Cosmic Creator, which is visible all around us. The cosmic cycle is beautiful and complete, and it indeed reflects the completeness of the totality of energies, *shaktis*, within ourselves.

In next chapters, I will share with you some techniques, in which you can use the knowledge about the cycle of Cosmic Chakras. But I encourage you to not stop on that. Meditate on the nakshatras on your own, chant their mantras on their respective days, connect with their frequencies and make your own discoveries. Because there is truly infinite source of knowledge stored in this beautiful universe called you.

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## Chapter 5

### Evaluating Your Chakras with Vedic Astrology

The profound knowledge about the chakras and their respective planets, zodiac signs, nakshatras, as well as their significance in the Cosmic Cycle of life, can have many practical uses in Vedic astrology. But even if you are not an astrologer, you can still benefit from this knowledge with the use of one simple technique that I am going to teach you in this chapter. This unique astrological technique will allow you to evaluate your own chakras in a very accurate way, even if you have no knowledge of Vedic astrology. And, if you are an astrologer already, this technique can provide you a profound insight into any chart, which you are already studying.

All you need for this technique is an exact date, hour and place of birth of yourself or the person, on whom you would like to try this technique. It can be, however, also quite accurately applied even to a person, whose exact hour of birth you do not know.

Once you have this data, just input it to any astrology program or an online calculator to get the main chart of the person and the exact placement of the planets in the nakshatras and their *padas*.

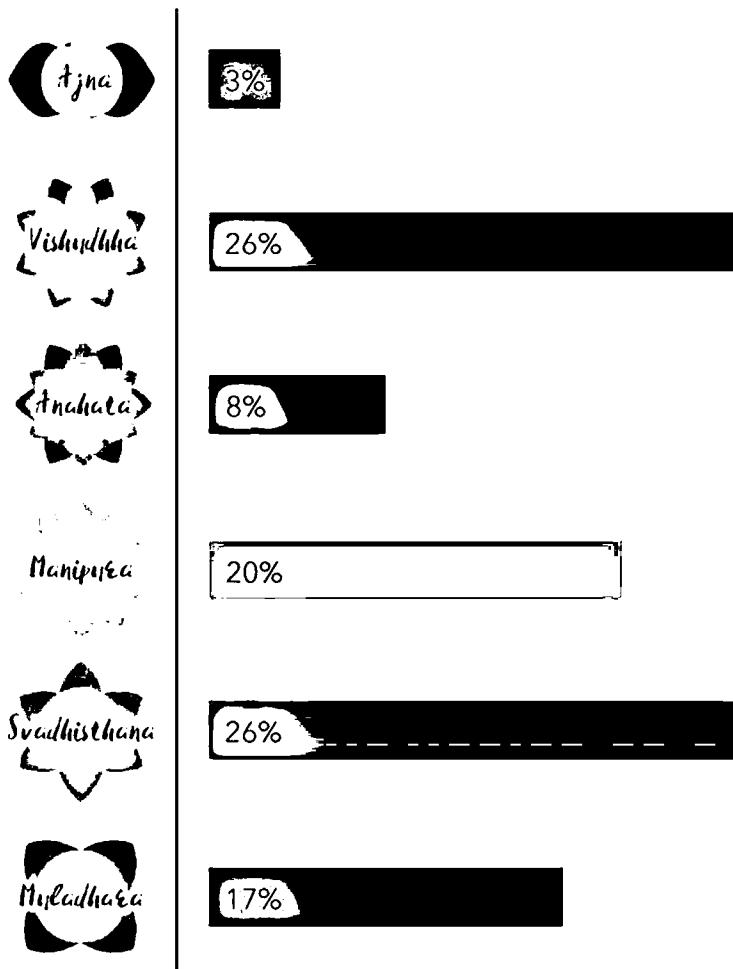
Each nakshatra is divided into four parts, called *padas*.  $27 \text{ nakshatras} \times 4 \text{ padas} = \text{sacred number 108}$ . Each of the 12 zodiac sign consists of nine such *padas*. A divisional chart achieved by diving each sign in the main (*rashi*) chart into nine parts, and realigning the planets accordingly is called *navamsha*.

Why to divide a chart into nine parts?  $9 \text{ divisions} \times 12 \text{ zodiacal signs} = 108$ , representing the totality of sacred energies within ourselves. Through *navamsha* chart we get a true insight about the dignity of the planets in your main chart, as well as we get to know their secret agenda, which reveals the sacred path of your soul within this lifetime. Although using the technique, which I am going to describe below, even with the date from the main *rashi* chart only, will bring a certain effect, too, it won't be so accurate as if *navamsha* chart is taken into consideration as well - and the difference can be quite significant sometimes. Yet, you don't need to bother yourself with creating a *navamsha* chart to get the data you need, as just by knowing the exact *padas* of the nakshatras, in which your planets are placed, you can already determine their positions in *navamsha* easily, and that is all that is needed for the technique to work accurately for you.

#### **How much karma is stored in your chakras**

Just with the data mentioned above, namely, with the main *rashi* chart and exact placement of the planets in the nakshatras and their *padas*, you can very

effectively evaluate, how much karma do you have stored in each of your chakras, even without any other advanced knowledge of astrology. This method is also very accurate in finding the true dignity of any planet in your horoscope. By using this technique we will count the spread of your karma through your chakras in percentage. The result will look as on the picture below:



The chakra, which has the biggest score on the picture above, is the chakra on which you need to work the most in this lifetime, as it indicates the biggest amount of karma stored in that chakra. It also reveals that the majority of your life lessons will come to you in this life through this chakra.

Now, when you have the knowledge of aromatherapy for chakras, yogasanas for chakras, or any other therapy, it can become for you a very insightful tool, for choosing the right remedy for yourself or another person.

## Nakshatras and chakras table

Have a quick look at the chart below. You will find there a condensed information about each nakshatra and the chakras it is related to, so it easier for you to apply the technique that we are going to discuss. In the first row of the chart you will see the name of the nakshatra and in the second row there is a planetary ruler of that nakshatra. In the third row you will see the zodiacal sign or signs this nakshatra belongs to. As there are 27 nakshatras spread around the 12 zodiacal signs, some nakshatras will have one portion in one zodiac sign and another portion in another zodiac sign, like the “frontier” nakshatras that we discussed in chapters before. In the fourth row you will see how different *padas* indicate the different zodiacal sign the planet occupies in *navamsha* divisional chart. In the fifth row of this chart you will see to which of the Cosmic Chakras does that nakshatra belong.

You will also notice that there is a number close to each planet, zodiacal sign, pada or Cosmic Chakra. This is a simplified assignment of each planet, zodiacal sign or Cosmic Chakra to the exact chakra in our subtle body. Each number represents respectively:

- 1:** Root chakra - *muladhara*
- 2:** Sacral chakra - *svadhishtana*
- 3:** Solar plexus chakra - *manipura*
- 4:** Heart chakra - *anahata*
- 5:** Throat chakra - *vishuddha*
- 6:** Third eye chakra - *ajna*

Nakshatra	Planet	Sign	Pada	Cosmic cycle
Ashwini	Ketu (-)	Aries (3)	1(3) 2(4) 3(5) 4(6)	Cosmic Throat Chakra (5)
Bharani	Venus (4)	Aries (3)	1(6) 2(5) 3(4) 4(3)	Cosmic Throat Chakra (5)
Krittika	Sun (6)	Aries (3) Taurus(4)	1(2) 2(1) 3(1) 4(2)	Cosmic Throat Chakra (5)
Rohini	Moon (6)	Taurus(4)	1(3) 2(4) 3(5) 4(6)	Cosmic Throat Chakra (5)
Margashirsha	Mars (3)	Taurus(4) Gemini (5)	1(6) 2(5) 3(4) 4(3)	Cosmic Throat Chakra (5)
Ardra	Rahu (-)	Gemini (5)	1(2) 2(1) 3(1) 4(2)	Cosmic Throat Chakra (5)
Punarvasu	Jupiter (2)	Gemini (5)	1(3) 2(4) 3(5)	Cosmic Throat Chakra (5)
Pushya	Saturn (1)	Cancer (6) Cancer (6)	4(6) 1(6) 2(5) 3(4) 4(3)	Cosmic Heart Chakra (4)
Ashlesha	Mercury (5)	Cancer (6)	1(2) 2(1) 3(1) 4(2)	Cosmic Heart Chakra (4)

Nakshatra	Planet	Sign	Pada	Cosmic cycle
Magha	Ketu (-)	Leo (6)	1(3)	Cosmic Heart Chakra (4)
			2(4)	
			3(5)	
			4(6)	
Purva Phalguni	Venus(4)	Leo (6)	1(6)	Cosmic Heart Chakra (4)
			2(5)	
			3(4)	
			4(3)	
Uttara Phalguni	Sun (6)	Leo (6)	1(2)	Cosmic Heart Chakra (4)
		Virgo (5)	2(1)	
			3(1)	
			4(2)	
Hasta	Moon (6)	Virgo (5)	1(3)	Cosmic Heart Chakra (4)
			2(4)	
			3(5)	
			4(6)	
Chitra	Mars (3)	Virgo (5)	1(6)	Cosmic Heart Chakra (4)
			2(5)	
			3(4)	
			4(3)	
Swati	Rahu (-)	Libra (4)	1(2)	Cosmic Solar Plexus Chakra (3)
			2(1)	
			3(1)	
			4(2)	
Vishakha	Jupiter (2)	Libra (4)	1(3)	Cosmic Solar Plexus Chakra (3)
			2(4)	
			3(5)	
			4(6)	
Anuradha	Saturn(1)	Scorpio (3)	1(6)	Cosmic Solar Plexus Chakra (3)
			2(5)	
			3(4)	
			4(3)	
Jyeshta	Mercury (5)	Scorpio (3)	1(2)	Cosmic Solar Plexus Chakra (3)
			2(1)	
			3(1)	
			4(2)	

Nakshatra	Planet	Sign	Pada	Cosmic cycle
Mula	Ketu (-)	Sagittarius (2)	1(3)	Cosmic Solar Plexus Chakra (3)
			2(4)	
			3(5)	
			4(6)	
Purvashadha	Venus(4)	Sagittarius (2)	1(6)	Cosmic Sacral Chakra (2)
			2(5)	
			3(4)	
			4(3)	
Uttarashadha	Sun (6)	Sagittarius (2)	1(2)	Cosmic Sacral Chakra (2)
		Capricorn (1)	2(1)	
			3(1)	
			4(2)	
Shrawana	Moon (6)	Capricorn (1)	1(3)	Cosmic Sacral Chakra (2)
			2(4)	
			3(5)	
			4(6)	
Dhanishta	Mars (3)	Capricorn (1)	1(6)	Cosmic Sacral Chakra (2)
			2(5)	
			3(4)	
			4(3)	
Shatabhisha	Rahu (-)	Aquarius (1)	1(2)	Cosmic Sacral Chakra (2)
			2(1)	
			3(1)	
			4(2)	
Purva Bhadrapada	Jupiter (2)	Aquarius (1)	1(3)	Cosmic Root Chakra (1)
			2(4)	
			3(5)	
			4(6)	
Uttara Bhadrapada	Saturn(1)	Pisces (2)	1(6)	Cosmic Root Chakra (1)
			2(5)	
			3(4)	
			4(3)	
Revati	Mercury (5)	Pisces (2)	1(2)	Cosmic Throat Chakra (5)
			2(1)	
			3(1)	
			4(2)	

## Frequencies working behind the nakshatras

Thus, according to the table above, each nakshatra will be related to the energies of at least three different chakras. Nakshatra Bharani, for example, is the nakshatra of Venus (4: planet of the heart chakra), it resides in the sign of Aries (3: it is zodiacal solar plexus chakra), and its frequency is within the range of Cosmic Throat Chakra (5). And if, for example, your Sun is placed in the first pada of Bharani nakshatra, in the sign of Aries in *rashi* chart, and in the sign of Leo (6: zodiacal ajna chakra) in *navamsha*, you are getting one more digit from the placement of the planet in the *navamsha* chart: 6. In short, there would be four different digits related to Bharani nakshatra: 4, 3 and 5, 6.

There is no number assigned to the nakshatras belonging to Rahu and Ketu, as neither Rahu nor Ketu are related to any of the chakras. This is also a very interesting thing to ponder about. No digit is going to mean less karma in the total score in the technique that we are going to learn - and this means less karma stored in the chakras. Indeed there is something special about the nakshatras of Rahu and Ketu. Activated nakshatras of Rahu and Ketu bring into our lives many opportunities for finishing our karmas from the past and advance spiritually in life. The most spiritual people, that I was analysing so far, had, indeed, a lot of planets in the nakshatras of Rahu and/or Ketu.

## The Technique

The technique for evaluating your chakras and the amount of karma seeds stored in them is very easy. First step is to fill the table below for each planet, as well as the ascendant, with the digits from the chart above, based on individual planetary placements of a person. So, if your Sun is placed in the first *pada* of Bharani nakshatra, in the sign of Aries, in the first row you would put number 4 (as this is the nakshatra of Venus), in the second row you would put number 3 (as it falls in the sign of Aries), in the third row you would put number 5 (as it is within the range of Cosmic Throat Chakra), and in the fourth row you would put number 6 (as first *pada* of Bharani nakshatra falls in the sign of Leo in *navamsha* chart). If the nakshatra is ruled by Rahu or Ketu, then leave the field free.

Now, fill the table below with your details.

Planet	Nakshatra	Sign	Pada	Cosmic cycle
Sun				
Moon				
Mercury				
Venus				
Mars				
Jupiter				
Saturn				
Rahu				
Ketu				
Ascendant				

Each number one represents the karma stored in your *muladhara chakra*. Each number two represents the karma stored in your *svadhishtana chakra*. Each number three is your karma in *manipura chakra*. Each number four is your karma in *anahata chakra*. Each number five is your karma in *vishuddha chakra*. And each number six is your karma in *ajna chakra*. Being so, just by looking at a table above, you can already see, in which chakras you have the most karma stored in this lifetime.

Once you have this data, the only thing you need to do is to count each of the repeating numbers: how much ones, twos, threes, fours, fives and sixths do you

have in your score. Then enter it in the table below:

1	2	3	4	5	6

*Et voila.* Here is your personal chakra score according to Vedic astrology.

Now, let us do some study case, so you can see more clearly how does it work and how much information about your chakras you can learn just by studying your natal chart.

## ***Chakra evaluating technique: study case***

It is always easier to learn a new technique on an exact example. The example below is one of my friends, whom I know well enough, to dig deeply into her chart, and show you, how her planets, zodiac signs and nakshatras manifest through her own chakras in a real life.

Her planetary placements are:

Planet	Nakshatra	Sign	Pada	Sign in navamsha
Sun	KCve-ri	Filed	I	Sagittarius
Moon	Vti.c.vanc<	fc/iiCCin	I	Sagittarius
Mercury	k ifcviditiiiiLfCuja	Aquarius	I	Aries
Venus	4 faint	-itiCi	I	fa hint
Mars	th/r:	Sagittarius	}	fa hint
Jupiter	Shatallisha	4 qqatinl>	>	Aquarius
Saturn	SiCfic	Anuradha	¶	Jert/tr
Rahu	4 faint	Aries	}	Gemini
Ketu	Swedi	libra	i	Safatti'uu
Ascendant	fi/nt-ivt-Hi	Gemini	I	Taurus

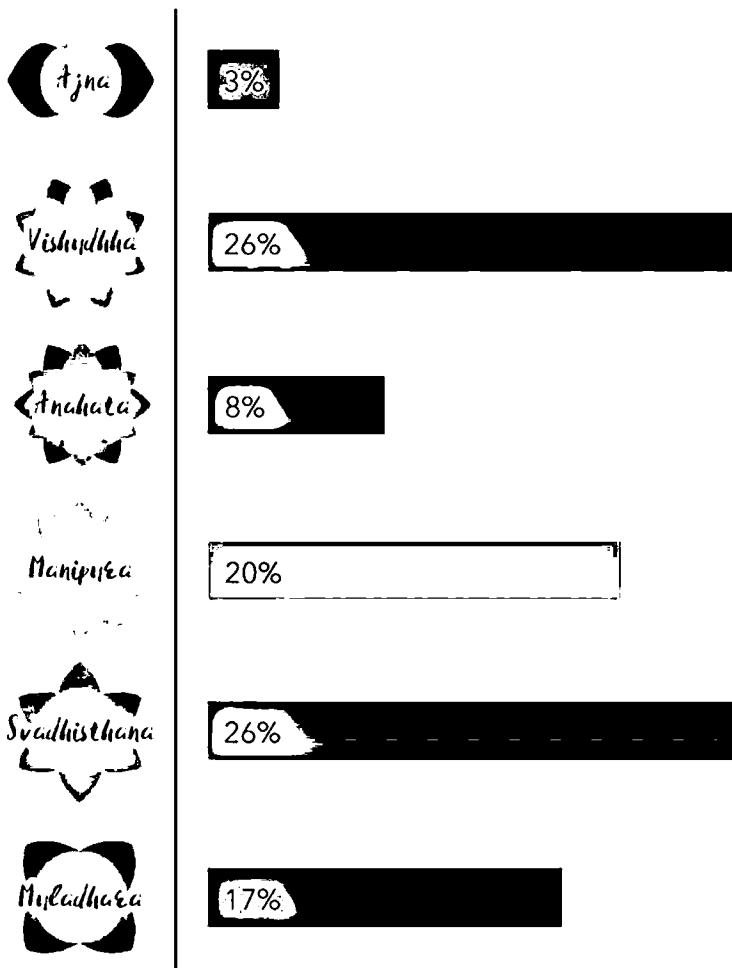
Now, let's put that data into our chart with numbers:

Planet	Nakshatra	Sign	Pada	Cosmic cycle
Sun	5	Z	Z	5
Moon	6	1	7	Z
Mercury	i	<1	4	y
Venus		3	5	5
Mars		Z	5	3
Jupiter		7	7	Z
Saturn	7	3	3	3
Rahu		3	5	5
Ketu		4	5	3
Ascendant		8	Z	5

Her total score is:

1	2	3	4	5	6
6	9	7	3	9	•/

In percentage this would be:



Now, let us analyse, how does it really manifest in her life.

### ***Cosmic influences in a real life***

As you can see on the picture above, her third eye chakra and heart chakra are very strong, with the smallest amount of karma stored in them. Five of her planets are also residing in the nakshatras of lunar nodes (two nakshatras of Rahu and three nakshatras of Ketu). On addition to that, all her planets are placed between Ketu and Rahu, which forms *kala amrita yoga*, which we were talking about in the second chapter. These are three strong indications that this person is a so-called “old soul”, who already experienced a lot in the world of matter, and whose primary motivation in this lifetime is spiritual development.

Indeed, this person has chosen a spiritual path early on in this lifetime. She

accepted a guru and she has even become a *brahmacharini*, a Hindu nun, who lives in celibacy. Her third eye chakra and heart chakra are beautifully developed, which allows her to have a really profound connection with the Divine and her Satguru. Yet the remaining four chakras are a bit out of balance, when compared to her *anahata* and *ajna chakra*, and through these chakras the biggest amount of karma is manifested in her life.

Firstly, have a close look at her Mars. Her Mars is residing in the fiery and active sign of Sagittarius, in the fierce Mula nakshatra. Now, look at her Rahu residing along with Venus in Aries, a sign ruled by Mars. These three planets, Mars, Venus and Rahu have a similar agenda for her in this lifetime, as all three of them occupy the same sign in *navamsha* chart: Gemini. As Rahu usually expands the qualities of the sign it is sitting in, along with the planet ruling it (Mars in this case), just by looking at her chart, and the placements of her Mars, Venus and Rahu, it would be logical to conclude, that her solar plexus chakra is rather strong, and that she is well motivated, determined and focused person.

Well, nothing more misguiding. In reality she is a person, that has a hard time with taking any decisions in life, often procrastinates things, but at the same time sometimes lacks the patience and faith in God's perfect plan for her soul. She tends to doubt herself a lot, too, and she always doubts any decision that she makes, which is putting her in a state of constant confusion and regret: either for the wrong decision that have been taken or decisions that haven't been taken on time.

Now, what is causing that?

This is Saturn retrograde in the sign of Scorpio, in Anuradha nakshatra. Although Saturn in the sign of Scorpio on itself is doing quite well according to traditional science of Vedic astrology, it can significantly "slow down" the fire of *manipura chakra* in our subtle body, especially if supported by other planetary placements. Saturn is not only the main signifier of our karma, but it is also the slowest moving planet representing our *muladhara chakra* and its most dense element of earth, which is the hardest to change. When it dwells in the zodiacal *manipura chakra*, and especially in Scorpio, it brings a significant karma luggage into our *manipura chakra*. Scorpio is not only zodiacal *manipura chakra*, but its nakshatras are also entirely present in the range of Cosmic Solar Plexus Chakra. In a case of this person, Saturn additionally occupies same sign in *rashi* and *navamsha* charts, which magnifies this influence. Being in retrograde motion, and present in the same sign of *rashi* and *navamsha*, Saturn reveals that this person will need to go through karmic lessons related with her *manipura chakra* and the element of fire in her subtle body, over and over again. It reveals also a capacity to learn on her mistakes, yet, due to the fact that Saturn is a very slow-moving planet, this learning process will take a pretty big part of her life. Particularly with Saturn

retrograde and in this specific placement, it reveals that she will need to repeat the mistakes related to her *manipura chakra* over and over again, until she finally gets her cosmic lesson in this lifetime.

As her Mars is present in the Mula nakshatra (nakshatra of Ketu) in the sign of Sagittarius, which is ruled by Jupiter and thus is considered a zodiacal second chakra, it reveals that most of these lessons she will experience through the world of spirituality and directly through the connection with her Guru. Mars present in this specific position reveals that she might have a hard time listening to her Guru's advice, or fulfilling her Guru's wishes on time, as well as she may experience certain confusion each time she hears the advice of her Guru (influence of Ketu from Mula nakshatra). This will often lead her to not listening to her Guru and it will become the biggest cause of misfortune and regret for her in this lifetime. And, whenever that would happen, she would blame herself, which is indicated again by Saturn retrograde occupying the sign of Scorpio and his own nakshatra Anuradha. As Anuradha is the nakshatra of devotion, she will need to repeat many times in life the lessons related to devotion, as this is where her inner fire "fails" to work properly, with such a cold planet as Saturn dwelling there.

It is also important very important to note, that three malefics, Ketu, Saturn and Mars, are residing exactly in the range of Cosmic Solar Plexus Chakra in her horoscope, which forms a heavy karmic burden within her *manipura chakra*. In addition to that, none of her planets is residing in any of the nakshatras of Mars, which doesn't provide her any additional support in making decisions and taking actions on time.

Now, have a look at her *vishuddha chakra*. It has a very high score, which indicates greatly exaggerated element of ether. This usually brings a lot of unsettlement in life. Remember, ether is all about fast exchange of energies and fast exchange of information. And indeed, all her life, she cannot find her dwelling place, her real home. She keeps changing her places all the time, along with the countries she lives in, and she cannot find any satisfaction, wherever she goes.

A very exaggerated element of ether gives her also a very childish look, a big dose of naivety and certain innocence. Do you remember, how we were discussing the nakshatras within the Cosmic Throat Chakra range and their "childish" qualities? This is exactly, what gives her that, three planets and the ascendant present in the nakshatras of Cosmic Throat Chakra: Revati, Ashwini and Punarvasu.

At the end, let's have a short look at her Jupiter. You can clearly see on the score below, that her element of water and *svadhishtana chakra* are also carrying a heavy karmic burden. Jupiter, the lord of the sacral chakra, is present in the nakshatra Shatabhisha, the nakshatra of Rahu within the Cosmic Sacral Chakra range, with Varuna, the god of underwater world, as its deity. Additionally, her

Moon, which is also a planet connected to water element, dwells within the range of Cosmic Sacral Chakra as well, in Shravana nakshatra. This gives immense strength to the water element in her body, but also a lot of karmic lessons to be learned through it, as Jupiter, the Cosmic Teacher, never enjoys sitting in the nakshatra of Rahu, the Cosmic Rebellion.

Indeed, through her *svadhishtana chakra*, she has probably learned some of her most painful spiritual lessons, most of them related to controlling the sexual energy, but also her emotions in general. Lack of control over water element is a factor that seems to always cause problems on her spiritual path, in this form or another. Sometimes it manifests as inability to control the sexual energy, sometimes it manifests as too emotional nature, sometimes as lack of direction in life (water has no shape) and sometimes as lack of ability to take the decision on time - as water is always extinguishing the inner fire. And if the fire element is not by itself very strong, the exaggerated water element in the *svadhishtana chakra* will additionally disrupt it, as it is happening in her case.

To make full analysis like that it would take loads of pages and it would require going really deeply into another person's privacy, which we are not going to do here, as this is not the point. You can analyse similarly any of her planetary placements and any of her chakras - and the deeper knowledge of astrology, and especially nakshatras, you have, the more accurate connections you will make. By looking at a horoscope through the lens of chakras and elements, you can identify much quicker the core issues in the life of any person, which are the root causes of the things that keep happening in this person's life - and thus choose more accurate remedies, as well, by encouraging a person to work on exact chakra. This is a very deep and sacred knowledge, which not only allows to make more accurate predictions, but to actually help the person more effectively in his/her unique path of soul's development.

## **Discover you-niverse**

To use the technique above for evaluating your own chakras and nothing more, you do not need any knowledge of astrology, as you will be able to decode the dignity of each planet very accurately just by using the technique above. This will tell you, in which of your chakras there is the biggest amount of karma stored. But it will not tell you what caused this karma and how it is going to get manifested in a real life. It will give you the number, but not the interpretation. For this you need to have knowledge of at least basics of Vedic astrology, and a thorough knowledge about the nakshatras and their significance.

I do plan to write a detailed book about the nakshatras in the future, and perhaps to make an online course, too. But you can already start studying the

nakshatras on your own, as understanding these lunar mansions is indeed the key for understanding the soul of Vedic astrology - and your own soul, in fact. Understanding nakshatras means understanding your true self and embracing each and every particle of yourself - embracing each manifestation of the Spirit in the outer or inner world.

Discovering universe is quite literally discovering you-niverse. That is the greatest power behind Vedic astrology.

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## Chapter 6

### Transforming You-niverse

You received all the knowledge. You received the tools. But, what next?

The theory is just to give you guidelines. But the true journey just starts there. Once you understand, which of your chakras are out of balance, it is time to work consciously on transforming your inner universe and re-aligning these cosmic gears within your subtle body, so the Divine life force can flow through you freely, expressing its highest potential in your life.

There are several ways to do that, which were proven by experience to be very beneficial not only for developing the chakras, but for the harmonious development of the Soul itself.

### **Atma Kriya Yoga**

I've mentioned Atma Kriya Yoga so many times in this book, but it seems never enough. This wonderful spiritual discipline consisting of most sacred yogic techniques has truly changed the lives of many. I am practicing Atma Kriya Yoga since almost 10 years already, while teaching since 8 years, and I can never recommend you enough this unique meditation practice. It transforms you on the deepest level and in the most effortless way. All you need to do is to practice your *kriyas* everyday, and the Consciousness itself will do the rest.

Paramahansa Vishwananda, who brought Atma Kriya Yoga into the world from his Guru, Mahavata Babaji, says: "On whatever form you focus the mind, it will be crystallised into that form, and this will stay in the mind. Regular practice of Atma Kriya Yoga helps the Divine to get crystallised in the mind."

Atma Kriya Yoga is designed to purify your chakras from their karmic burden and to burn the karmic seeds stored within them. Just a few breaths of *kriya* practice have the power to burn years and years of your karma. And, trust me, you can't even imagine how much more freedom it will bring into your life, before you experience it. Whichever planetary influence is affecting you negatively, with diligent practice of Atma Kriya Yoga, you can transform it more effectively and burn the karma that you have with that planet, faster. I've seen people, whose lives are totally changed just after one year of diligent Atma Kriya Yoga practice. They simply start to shine their inner light and it transforms not only them, but also their surroundings. It transforms the very way the planetary influences are manifesting in their lives and often it happens in the most miraculous way. This is what happens, when we allow the Spirit to guide us.

After all, before each planetary influence becomes manifested in your life, it

needs to be filtered through your chakras first - through your "inner planets". A person, who truly understands astrology, knows that each planetary influence has the potential of becoming manifest in a constructive or a destructive way. Each influence must manifest in our lives in this way or the other, as the *shakti* of each nakshatra always desires to be manifested. But *how* you allow it to be manifested, is the free will that you have. I often like to compare it to the card game. Although you don't have much choice about which cards you are going to receive, you surely have a choice about how you are going to play with them.

Atma Kriya Yoga surely allows you to know yourself better and to become a better player in a game called life. But its highest gift is the gift of surrender. Because only when we are truly surrendered, and when our Soul's frequency is in tune with the Divine plan, the highest Divine potential can be manifested in our lives.

It is also so wondrous to see, how the technique itself resembles the movements of the Sun through the zodiacal chakras in the sky. Our Sun itself, with its movements through the zodiac and lunar mansions, reminds us about this inner journey that each of us needs to make: the journey of consciousness through the chakras - the journey to the Divine.

Visit this webpage to find out more about Atma Kriya Yoga: <http://www.atmakriya.org>

## OM Chanting

OM Chanting is another technique of balancing our inner universe that I have mentioned before. It is a part of Atma Kriya Yoga and the only group technique within Atma Kriya Yoga system. It is also the only technique of Atma Kriya Yoga that you can practice even without being initiated into Atma Kriya Yoga before.

The sacred practice of OM Chanting utilises the power of the most sacred sound *orri*. This sacred syllable is the sound of the Consciousness itself and the sound from which all other sounds have emerged. During an OM Chanting session all participants chant *orri* for 45 minutes, without even a moment of silence, while sitting in an exact formation (inner and outer circle) that magnifies the influence of the healing power of *orri* itself. This is the most powerful sound therapy that I have ever experienced. During OM Chanting all your chakras get purified and recharged with *prana*, cosmic life force in its purest form. The session itself is very refreshing, energising and has proved to have a profound healing effect not only on our subtle body, but on the physical body, too. There are already countless testimonies from all around the world about the healing experienced by different people through OM Chanting.

OM Chanting groups are meeting already on almost every continent, in most

of the bigger cities of more than 50 countries. All OM Chanting sessions are always free of charge. It is a wonderful opportunity to experience the power of the sound *orri* and recharge your chakras with healing energy.

Visit this webpage to find out more about OM Chanting: <http://www.omchanting.org>

## Aromatherapy for the chakras

Aromatherapy is another wonderful tool for balancing your chakras - and the most effortless one, perhaps. As you may remember, our sense of smell, connected to our *muladhara chakra*, is the only one, that doesn't get filtered by our mind, which allows any fragrance to have a deep impact on our consciousness.

When it comes to planet Saturn and *muladhara chakra*, the two most powerful fragrances balancing it, according to Vedic astrology, is the fragrance of kadamba and khus (vetiver). *Svadhishtana chakra* and the influence of Jupiter are getting beautifully balanced by the fragrance of ylang ylang, sandalwood or mango flower. *Manipura chakra* and the influence of Mars are the most effectively balanced by the fragrance of acacia flower and saffron flower. *Anahata chakra* is balanced by rose and tuberose. *Vishuddha chakra* by champaca. *Ajna chakra* is balanced by jasmine, tuberose or blue lotus.

Such essences, however, work best, if combined together. You have learned already that lack of balance in one chakra will easily lead to lack of balance in another. That is why I rarely use in aromatherapy just one oil, but rather a very specific combination of oils for two different chakras, that is going to remove the lack of balance between those two, like saffron and rose, which balances the conflict between *manipura chakra* and *heart chakra*.

Visit my page to see some of my hand-made, 100% natural aromatherapy oils for the chakras: <http://www.4harmony.eu/shop>

## Nakshatra sadhana

Chanting the mantras of the nakshatras, which are playing a very significant role in your own horoscope (like the nakshatras occupied by planets, or *manasa* nakshatra, *karma* nakshatra, *Bhrigu bindu*, etc.), is a very powerful tool for improving your karma determined by those planetary influences and healing all your traumas related to them. It is a very powerful tool for self-improvement, as well as for spiritual development. It often helps us to embrace even those experiences, that we usually resist. Not without a reason each of the nakshatras has a mantra corresponding to those on the "petals" of our chakras, that represent exact energy channels and nerves within our body. These mantras were given to heal exact energies within our inner universe.

Chanting the mantras of exact nakshatras on their respective days, when the Moon is transiting them, is called *nakshatra sadhana*. Performing a diligent *nakshatra sadhana* has the power of connecting you to the true knowledge, which those lunar mansions are holding and the lessons that they are trying to teach you in this lifetime. Remember, each of these nakshatra mantras is connected to one of the

petals of some of your chakras - to one unique energy channel within your subtle body and to one of the nerves in your spine. By activating this subtle influences, you can tap into the real source of knowledge, and heal those energies within yourself, too.

After all, to truly understand nakshatras, they have to firstly become a part of your. You need to go deep within this place of yourself, where the *shakti* of exact nakshatra is manifested, and embrace that place with Love.

For those, who wish to sincerely start to practice nakshatra *sadhana* and explore their inner universe on even deeper level, I offer a private online tutoring program, 27 transformative days, during which you will learn a lot about your own chart and the role that the 27 nakshatras of zodiac are playing in your inner universe. It is a transformative journey, which will help you to truly connect to your soul's sacred qualities.

If you are interested in participating such a program, contact me through my website: <http://www.4harmony.eu/contact> .

## **The end - and the beginning**

The knowledge was given to you. The tools are here. Now, it is time for you to go on your own search and start the fascinating journey of exploring this beautiful universe called you. Each end brings a new beginning. I am feeling grateful that you chose to complete this journey with me, and I wish you all the best on your own unique path of exploring you-niverse.

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## About the Author

Achala (Sylwia Mihajlović) is a *jyotishi* and an Atma Kriya Yoga teacher from Poland, currently living with her husband in Croatia. She offers Atma Kriya Yoga courses and Jyotish courses in Europe, as well as online webinars and individual readings based on the art of Vedic astrology. From the moment she started to practice yoga and meditation at the early age of 17, she dedicated her whole life to the path of spiritual development, and became a disciple of Paramahansa Sri Swami Vishwananda.

Find out more: <http://www.4harmony.eu>